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TITLE BOXING CLUB
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A New Stadium in Methuen

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Methuen Mayor Steve Zanni fought for the renovation of Nicholson Stadium at Methuen High School and though the project seemed dead, Zanni came up with a plan "B" and the project will move forward without raising taxes.



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THE VALLEY PATRIOT'S



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State Auditor
Suzanne Bump



Weatherman
Al Kaprielian



Lawrence Mayor
Dan Rivera



Roaster
John Molori



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NECC Receives DHE Grant for Workplace English Training

Thirty-six employees at three Haverhill food manufacturing companies will receive Workplace English training thanks to a \$71,000 Rapid Response Program Grant awarded to Northern Essex Community College (NECC) from the Massachusetts Department of Higher Education.

This is the third and largest Rapid Response grant NECC has received over the past three years. The Rapid Response Program was created to enable community colleges to respond in a timely manner to the workforce development needs of its local employers. The DHE awards grants through a competitive process to support employer requests for workforce training programs. These programs take into consideration the scheduling needs of working adults.

NECC's Project Gateway Proposal, which will be funded with the grant, will bring English classes into the workplace


for employees at Cedar's Mediterranean, Joseph's Gourmet Pasta, and Hans Kissle. The classes, which are approximately 90 minutes long, will be held twice a week and are scheduled to be offered for 17 weeks.

"The food manufacturing sector in our region has been a significant employer of workers with limited English speaking skills," said George Moriarty, executive director of NECC's Center for Corporate and Community Education. "The grant allows us to take advantage of that positive employment record by improving workers' language skills, making them more effective workers on the shop floors."

The grant gives NECC the opportunity to continue its Workplace English partnership with Joseph's Gourmet Pasta, renew its partnership with Cedar's, and create a partnership with Hans Kissle.

An additional part of the grant includes

providing English as a Second Language and computer skills training to 20 unemployed individuals. This component of the grant will help create a pipeline of job seekers with strong language skills. The College will collaborate with the ValleyWorks one-stop career center to identify unemployed individuals who would benefit from English as a Second Language training and computer skills.



For additional information contact George Moriarty, executive director of workforce development and corporate relations, Northern Essex Community College, gmoriarty@necc.mass.edu, 978 659-1224.

The Issue of Islam

The President recently delivered a powerful speech in which he called for a reformation within Islam. He pointed out over and over again, that certain parts of the Koran which call for Muslims to slaughter or conquer non-Muslims were simply outdated and needed to be consigned to the ash bin of history. The radical thinking within Islam is "making enemies of the whole world. So 1.6 billion people (in the Muslim world) will kill the entire world of 7 billion? That's impossible ... We need a religious revolution." The President called for that revolution and reformation within Islam so that it could thrive in the modern world and its

adherents could live in peace with others. The president to whom I refer is Abdel-Fattah el-Sissi, the leader of Egypt. El-Sissi is a proud practicing Muslim who fully understands the challenges of the extremists within his own faith.

The President of the United States, in stark contrast to the President of Egypt, does his best to ignore the realities of Muslim terrorists. Barack Obama, despite incontrovertible evidence, continues to wear a self-donned blindfold to the presence and activity of Islamic terrorists. While Obama invokes the Crusades of a thousand years ago to provide a moral equivalence to modern day terrorists,

el-Sissi continues to press for his stated goal that everyone choose to live in the twenty-first, not the seventh century.

President Obama would have us believe that Islam has been a powerful force in building and guiding the United States of America since the birth of the nation. While there have certainly been those who practice Islam present in this country for a long time, it is simply not true that Islam was part of the founding fathers vision in the same way that they viewed Judaism, Christianity and even theism. The United States has a clear Judeo-Christian underpinning, and pointing out that there have been Muslims living in the country for a long period of time does nothing to change that. Nor does acknowledging the Judeo-Christian roots of this country serve to diminish or attack our Muslim citizens. The truth is the truth.

No matter your political allegiances, it becomes clearer and clearer each day that Barack Obama is either willfully ignorant or intentionally too blind to see. Does he really believe that those who are committing acts of jihad are in no way influenced by Islam? If he does, he stands in opposition to any number of Muslim leaders, both secular and religious, who are willing to acknowledge that truth.

While President Obama chooses to ignore the truth about what is going on the world around us, Zaid Nabulsi was



Jeff Katz is a former police officer, former talk show host on Talk1200AM and won the Associated Press Award for Best Talk Show in Boston two years in a row. He is now an exclusive columnist for The Valley Patriot. He is the recipient of The Valley Patriot's 2013 Editor's Choice Award for exceptional writing about issues that effect our lives. WEBSITE: visionaccomplished.net

brave enough to write these words, "We have to muster the courage to identify the specific texts that actually defame Islam, denounce them and permanently cleanse Islamic tradition of them." Nabulsi is an attorney, a resident of Jordan and a proud practicing Muslim.

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I'm a Pro-Semite

Dr. Charles Ormsby
VALLEY PATRIOT COLUMNIST

When battle lines are drawn on matters that impact individual liberty, it is important that those who seek to defend liberty stand up and declare their allegiance.

There has been a shocking resurgence of anti-Semitism (the prejudice/hatred of Jews as a national, ethnic, religious or racial group) over the last decade.

Although inexcusable, we have become accustomed to anti-Semitism in the Muslim/Arab world. What is most shocking is the growth of anti-Semitism in Europe where first-hand memories of the holocaust still exist for many and knowledge of the horrors are shared by nearly everyone.

Jonathan Sacks, in a Wall Street Journal article entitled "Europe's Alarming New Anti-Semitism" (October 2, 2014) reports on the increase in attacks on Jews and the growing fear shared by many Jews that they will not be able to live in peace if they remain in Europe. Sacks reports that "A survey in 2013 by the European Union Agency for Fundamental Rights showed that almost a third of Europe's Jews have considered emigrating because of anti-Semitism, with numbers as high as 46% in France and 48% in Hungary." After the recent attacks in a kosher supermarket in Paris and a Synagogue in Copenhagen, the concerns of Jews must be even greater.

It is likely that the increase in the frequency of attacks on Jews in Europe is largely driven by the increase in the European Muslim population, a population that has been inculcated with an anti-Semitic virus. Liberal immigration policies coupled with the higher birth rates that prevail in Muslim communities and the lack of cultural integration are a recipe for a growing catastrophe.

We should not brand all European Muslims as anti-Semitic, but there are very few reports of public renunciations of anti-Semitism by Muslim communities or their leaders. Where are the marches in Muslim districts denouncing anti-Semitism? Or the candlelight vigils in support of Jewish victims of Islamic terror attacks?

News reports of the recent anti-terrorism march in Paris went out of their way to note the presence of President

Mahmoud Abbas of the Palestinian Authority and to quote a Pakistani marcher who works in London. They should be applauded for their participation, but their attendance cannot mask the lack of Muslim outrage at the attacks. We are all aware of Obama's disgraceful snubbing of this important demonstration.

The increase in terrorist attacks and the increase in the frequency of overt anti-Semitic incidents are not the only troubling signs. Our president seems to go out of his way to avoid confronting this trend and rarely if ever demonstrates uncompromising support for Israel. Instead he seems intent on showing contempt for Israel and for President Netanyahu. It is no secret that Israel feels that it has been abandoned by Obama and that it cannot count on America's support if attacked.

The disgraceful Iranian Nuclear Talks are a threat to the very existence of Israel. The U.S. and European representatives at the negotiating table are literally negotiating away Israel's future and Israel has little (really no) say in the outcome. Would you be nervous if your right to life was being negotiated by "friends" you couldn't trust and a rogue nation that has publically sworn to annihilate you?

So Israel's leader, Prime Minister Benjamin Netanyahu, is coming to America to speak before a joint session of Congress and plead for Israel's life. It appears that President Obama will refuse to meet with him. Vice President Biden is searching madly for a reason to be out of town. Several Democrat Congressmen are planning on boycotting Netanyahu's speech.

The reason offered for boycotting Netanyahu's address is that Congress didn't follow protocol when inviting Netanyahu. This pathetic excuse was blown apart by Alan Dershowitz in his OpEd in the Wall Street Journal "The Appalling Talk of Boycotting Netanyahu" (February 24, 2015). Two paragraphs of this article summarize his case:

"Under the Constitution, the executive and legislative branches share responsibility for making and implementing important foreign-policy decisions. Congress has a critical role to play in scrutinizing the decisions of the president when these decisions involve national security, relationships with allies and the threat of nuclear proliferation.

Congress has every right to invite, even



over the president's strong objection, any world leader or international expert who can assist its members in formulating appropriate responses to the current deal being considered with Iran regarding its nuclear-weapons program. Indeed, it is the responsibility of every member of Congress to listen to Prime Minister Netanyahu, who probably knows more about this issue than any world leader, because it threatens the very existence of the nation state of the Jewish people."

Obama and a handful of Democrats have diminished the long-standing commitment that America has made to Israel and in the process has weakened our national resolve to fight anti-Semitism.

After the liberation of the Nazi death camps at the end of World War II, the Western nations loudly proclaimed: "Never again!"

Have we forgotten so soon? Has our resolve been weakened? Will Obama bless Iran's development of nuclear weapons? If not immediately, then in accordance with a 10- or 20-year timetable as currently being reported? Since when did "never" become 10 or 20 years?

It is time to stand up and declare our allegiance to individual liberty. And that includes Israel and the Jews. Never means never.

So in response to the anti-Semites that are crawling out of their holes, I proudly declare myself a pro-Semite.

I hope America follows suit. We cannot endorse Obama's moral ambivalence. America cannot sit idle while Islamic extremists pursue a second holocaust.



Dr. Charles Ormsby served two terms on the North Andover School Committee, co-founded the North Andover Taxpayers Association, is a co-founder of and columnist for The Valley Patriot, broadcasts weekly opinion pieces for WCAP (980 AM) in Lowell, and is a faculty member in the Department of Mathematical Sciences at the University of Massachusetts Lowell. Dr. Ormsby is a graduate of Cornell and has a doctorate degree from MIT. You can email him at ccormsby@verizon.net

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Anne’s Andover Notebook

Anna Knowles
ANDOVER COLUMNIST

An important meeting is scheduled for March 10 to propose a “Historic Mill District” for the town of Andover. The meeting is a joint proposal by the Economic Development Council and the Planning Board. This proposal has been worked on by many interested organizations, developers, town officials and citizens of Andover.

The proposed Historic Mill District will consist of approximately 100 acres, from Dundee Park to Whole Foods and Main Street to the Shawsheen River. The map of the proposed location may be found under the Town of Andover website.

All residents are encouraged to make comments in person or by letter to the town offices. The meeting will begin at 7pm at the Doherty Middle School, 50 Bartlett Street.

This area has gone through many changes since settlements began; some historians say around 7000 BC. In 1634, early settlers began to see this area as an ideal place to begin a permanent settlement

and in1641, Andover became a town of the Commonwealth.

The first mills in Andover were used for corn and saw wood and in 1835, Andover had six mill districts-Sutton Mills and Stevens Mills, on the Cochichewick River, Ballardville, Abbot Village, Marland Mills, and Frye Village on the Shawsheen River.

The development of the mill industry was one the major mainstays of the community.

Of special note, was the development in 1924 of Shawsheen Village, as a planned model Industrial Community.

This planned “village” by the American Woolen Company began in 1924. Many examples of this planned “village” can be seen today throughout the northern part of Andover.

The proposed Andover Historic Mill District will support retail, office and housing expansion and will be a multi year project. The proponents explain that this will expand the tax base, increase property values and enhance the Andover community. Residents are encouraged to attend the meeting.

Lack of Candidates will Result in Low Turnout

The Town of North Andover will hold spring elections on March 31st to choose who will lead the town on the Board of Selectmen and School Committee.

Unfortunately, there are only two candidates for two open school committee seats and three candidates for two open selectmen seats, meaning lack of interest and low turnout on election day.

Incumbent member of the Board of

Selectman, Bill Gordon, has decided not to seek reelection, leaving one open seat. Selectman Richard Vaillencourt will be running for another three year term.

The two challengers running for selectman are Democrat operative and former candidate for State Representative Phil DeCologero and Tea Party activist Stan Novak who is a former candidate for school committee.

North Andover Man Takes on Role of Opportunity Knight

One of the hardest working members of the Northern Essex Community College Knights Basketball Team may never have scored a point for the team, but he surely scored plenty of points with the team and its fans this season.

Twenty-three-year-old Brett Hanley of North Andover, a client at Opportunity Works, an adult day program located in Newburyport and slated to move to its new building adjacent to NECC, was hand-selected by the team to serve as the first, volunteer- assistant to NECC Athletic Director Sue MacAvoy under a new partnership titled Opportunity Knights.

Two hours before each of the 12 home Knights’ games, as the players filtered into the Sport & Fitness Center for their pregame

warmup, Brett, wearing a gray and blue and yellow NECC t-shirt, could be found performing his own drills – rolling out the basketball cart, setting up chairs, filling the coolers with water and ice, sweeping the floor, and greeting players and fans.

“He just loves it,” said his father Ted Hanley of his son Brett who has Down’s Syndrome. “He looks forward to working every game. If he could sleep in his uniform he would.”

The volunteer position was perfect for Brett, his father said, because it wove together several of his interests – basketball, people and being a helper.

“He has been a good ambassador for the

KNIGHTS: PAGE 31



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Vote



March 31

Stan Novak

Board of Selectmen

NORTH ANDOVER

North Andover Senior Center Activities & Announcements

Support is being offered by the North Andover Senior Center for all the residents of Foulds Terrace. If you would like more information, please call the North Andover Senior Center and ask for Donna at 978 688-9560.

ST. PATRICK’S DAY LUNCH: Corn beef and cabbage, Tuesday March 17th at noon. Must sign up with reception. Limited to 60 seniors, \$7. Co-hosted with State Rep Diana DiZoglio. Entertainment with Russ McQueen.

FLEA MARKET AT THE SENIOR CENTER: Saturday March 21st, 9-2. Come browse and shop for gently used and new merchandise. Lunch will be served by the Council on Aging Board members. Something for everyone. (Storm date March 28th).

MOCK TRIAL AT THE MASS SCHOOL OF LAW: Monday, March 23rd. In collaboration with TRIAD, the North Andover Senior Center will be participating in a mock trial, 500 Federal Street, Andover from 10am – noon. Please register with reception, 978 688-9560.

ONE ON ONE COMPUTER INSTRUCTION: 45 minute sessions for

\$7. Tuesdays and Thursdays 9-12 with George Chory. Make your appointments with reception 978-688-9560. This time can accommodate gadgets, too if necessary (Phones, Tablets, etc.)

S.H.I.N.E. Volunteers: (Serving Health Insurance Needs of Elders) Free, confidential counseling on all aspects of health insurance to North Andover residents on Medicare. Call center for an appointment. First and third Tuesday of the month.

Volunteers are the backbone of the North Andover Senior Center, we currently need Medical Transport Volunteers. You can set your own hours. Call the Senior Center for more information. Speak with our Program Coordinator at 688-9560 for an application and assistance.

NEWS & VIEWS: Every Wednesday from 10–11:30. Come and join in the lively discussion of current events, politics, history and you never know what else!

MEET WITH AN ATTORNEY: Atty. Ramsey Bahrawy, March 17th. Schedule with Reception-first consult is free.

MR. FIX IT: First and Third THURSDAY of the month from 12-3pm. We repair almost as good as new. Lamps, with cords and sockets, replace watch bat-

teries, small tables and chairs. Anything that is not listed, we will give it a shot! Your cost is \$2-\$4 depending on work needed, plus parts. Proceeds benefit the Senior Center.

WALK IN CLINIC: Wednesdays 9am-12pm, the North Andover Senior Center and Home Health Inc/VNA operate a wellness clinic. If you are a North Andover Senior, we urge you to take advantage of this opportunity to check your blood pressure, blood sugar, weight and blood oxygen levels. Consult privately with an RN regarding any medication and health issues that you are concerned about. There is no charge for this service. Donations are gratefully accepted.

FOOT CARE: RN Catherine Languedoc, Foot Care Specialist (\$25), third Friday of every month from 8:30-2:30. Dr. Skinner (\$30) is available on the second Wednesday of the month, 1-4pm.

ROCKINGHAM MALL TRIP: March 23rd, call for reservation.

WALKING GROUP: Our Walking Group walks at the Youth Center every morning at 9 a.m., must wear appropriate foot gear for inside the gymnasium.

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Snowmageddon 2015

The Great Work Stimulus Program? Never!

John MacDonald
VALLEY PATRIOT LOWELL COLUMNIST

Snow is everywhere. Storm after storm is in the forecast with no end in sight. The Vermont National Guard has been brought in to help save Lowell from Snowmageddon 2015. For several days we will have had uniformed soldiers shoveling and hauling snow out of our fair city and my first reaction was “money well spent”.

However, after having just filed both my personal and corporate taxes and paying more to the government than ever before, I wonder where all my money, the fruit of my labor is going? Seems like every elected Progressive Democrat in the country wants more of my hard earned dollars to pay for things in the government and pay for services. Yet the \$500 million per year MBTA is broken down and has had little oversight. Yet we still see panhandlers in Lowell with their hands out. And we see streams of people pouring out of our local shelters every morning with little to do, while our municipal snow budgets are tacking on tens of thousands of dollars with each storm.

As I drove past yet another mega snow pile, I turned the corner and found a panhandler holding a creative sign asking for spare change. I would think with that kind of creativity, entrepreneurialism and intestinal fortitude of marketing one’s self while braving the bitter cold weather, that the path to the local hardware store would be easy to find? Finding where snow shovels are sold perhaps would inspire these same people to earn their money the old fashioned way. Other than snowplow drivers and the occasional ragtag group of ambitious teens, I haven’t seen anyone looking to earn a few dollars from the tremendous snowfalls we’ve had. Why shovel snow when there’s an easy handout I suppose?

Why wouldn’t it make sense to ask or expect that some of these agencies already paid by the state to put people to work, that they buy some snow shovels with our tax dollars and put people to work? I’m sure they could put a team of people

together rather quickly, call city hall or a local business and ask if they need help removing snow. How come every able-bodied, minimum-security prisoner isn’t out in our local city streets shoveling sidewalks or metered parking spaces? Is it too much to ask for something in return for the taxes we pay?

Something is wrong as I pay more and more to the government each year, because I work harder and harder and yet I can’t expect those whom I support through my taxes to do something in return? In essence, my expectations are low that any of my aforementioned questions will result in anyone in government actually doing something about it. I don’t expect to see a line of shiny new snow shovels distributed at the local shelter, or panhandlers exchanging creative signs for clearing driveways. I don’t expect one of the many taxpayer-supported agencies will be chipping away at a frozen snow bank with the help of their clients. God forbid we see some political courage.

It’s sad that the act of paying all time high taxes results in nothing more than waste. We pay more than ever and get less. Our Nntional debt climbs, our infrastructure crumbles and we provide those in need with handouts, rather than a hand up. We’re inspiring those with less, to settle for less. Work gives people cause to do better for themselves, doesn’t it? Work can inspire people and give them the means for providing themselves a better life. The snow could be an opportunity for a fresh start. Is anyone in the government willing to try it?



John MacDonald is the President/CEO of Big Decisions, LLC, which is a management consulting business that concentrates on offering strategic advice on Marketing, Public Relations, Economic/ Business Development and Social Media. John has a long career of success, achieving record results in the communications field and spending over 20 years managing marketing budgets, driving the bottom line in the financial services, restaurant, retail and real estate industries.

Moody’s Upgrades Lawrence to an A3 Rating with Stable Outlook

Last month, Moody’s Investors Service upgraded the City of Lawrence’s credit rating to A3 from BAA1. This rating upgrade is the first time Lawrence has received an “A” level rating from Moody’s since 1986. The rating upgrade with a stable outlook validates the city’s financial recovery and will directly impact residents with favorable interest rates by municipal bond buyers, which will lessen the city’s overall annual debt amount and free up much needed budget dollars for public safety and infrastructure.

The rating upgrade exemplifies the city’s hard work and commitment to improve its financial practices since the appointment of a state fiscal overseer in 2010. For the fourth consecutive year, the city budget was passed on time and structurally balanced without the use of one-time reserves, and the city has generated positive operating results for five years in a row. “I want to recognize and thank all City of Lawrence employees and elected officials who played key roles in helping to achieve this success in both my Administration, and the previous one,” said Mayor Daniel Rivera. “Specifically, I want to recognize Mark Ianello, our Budget and Finance



Director and former Fiscal Overseer Bob Nunes, who provided valuable guidance and leadership to the City in achieving this goal.”

The upgrade of the city’s rating to A3 recognizes the prudent management of the city’s financial position and its effort to build its reserves while continuing to pay down its outstanding debt. The city has stabilized its financial position through more conservative fiscal management, and improved financial policies, resulting in a larger reserve and healthier cash flow position.



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Police, ATF, U.S. Marshals, Homeland Security Arrest Lawrence Man on Drug Charges, Seek Woman

Haverhill Police Narcotics Detectives, with the assistance of Alcohol Tobacco and Firearms, Homeland Security, and US Marshal Service arrested 34-year-old Lujan Hilario Baez of 117 High Street in Lawrence. The arrest took place at 11 Federal Street in Haverhill.

Baez was charged with trafficking over 100 grams of heroin and conspiracy to violate drug laws resulting from an investigation into Baez for delivering heroin near Haverhill exits in shopping plaza parking lots.

Haverhill Narcotics Detectives stopped Baez on February 5th at 35 Computer Drive after an informant arranged to buy 10 grams of heroin from Baez. No heroin was located. However, detectives found evidence of a hidden drug hide in the car.



A K9 officer from the Essex County Sheriff's Department got a positive response from the dog for evidence of heroin in the vehicle.

The vehicle was towed back to the Haverhill Police Department where a vehicle drug hide expert from the Essex County Sheriff's Department successfully located the hidden drug hide, which yielded 110 grams of heroin. Haverhill police say 110 grams has a street value upwards of \$9,000.

Police say there is still an outstanding warrant for a second individual, 35 year old female, Liani Matos-Bonilla of 212 Wilson Street, Apt. 1, Haverhill. She is wanted for trafficking heroin over 100 grams.

Police are asking the public for help. Anyone who knows of Bonilla's whereabouts is asked to call Haverhill Police immediately at (978) 373-1212 or 911 within Haverhill.



Haverhill Mayor Fiorentini Elected President of Mass Mayors' Association

Haverhill Mayor James J. Fiorentini was unanimously elected President of the Massachusetts Mayors' Association (MMA) during the Annual Meeting of the Massachusetts Municipal Association (MMA) held in Boston on January 23 and 24, 2015.

Mayor Fiorentini was elected by his fellow mayors to lead the Mayors' Association, which meets regularly throughout the year so that the mayors of the state can discuss and strategize on major issues facing cities and towns, including local aid, transportation, education, economic development and job creation. By virtue of his election, Mayor Fiorentini will continue to serve as a member of the MMA Board of Directors. The Mayors' Association is a member group of the MMA, the statewide nonprofit, nonpartisan advocacy organization for cities and towns.



Mayor James Fiorentini

"Mayor Fiorentini is widely recognized by his mayoral colleagues and local officials as a remarkable leader in his community and across the Commonwealth," said MMA Executive Director Geoffrey C. Beckwith. "The mayors of our state have asked him to be their leader in advancing the needs of our cities and towns, and we are very pleased that he has accepted this key post," Beckwith said.

Mayor James J. Fiorentini said, "I am deeply honored and flattered to be chosen for this position by my peers, this group of Mayors is the finest group I have worked with while I have served as Mayor."

"As any mayor or local official can tell you, our communities are facing common challenges and are united on an agenda for growth," Mayor Fiorentini said. "No city or town can go it alone, which is why we are all working together on critical issues. This year the debate will center on winning powerful investments in local aid, transportation and education to grow our economy, create jobs and build a strong recovery. We are committed to working with Governor

Baker and the Legislature to forge a partnership between the state and our cities and towns, so we can create a vibrant future for Massachusetts and every community. I appreciate the vote of confidence from my fellow mayors and I look forward to continuing my work with them and with the MMA in this new leadership position."

As a member of the MMA Board of Directors, Mayor Fiorentini will also serve on the statewide Local Government Advisory Commission (LGAC), which meets throughout the year with top state leaders to discuss issues facing cities and towns.

"Mayor Fiorentini's knowledge and skill will be of enormous value to all of the cities and towns of Massachusetts," Beckwith continued. "He is a forceful and effective advocate on behalf of local officials and taxpayers in all communities, as mayors and local leaders promote a robust partnership with the state in our common work to make Massachusetts stronger and more prosperous. We are deeply grateful that Mayor Fiorentini has stepped forward to assume this essential leadership role."

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~State Representative Linda Dean Campbell,
(D) Methuen, 15th Essex District
Methuen & Haverhill

Phone: 617-722-2877 Fax: 617-722-9278 * Linda.DeanCampbell@mahouse.gov

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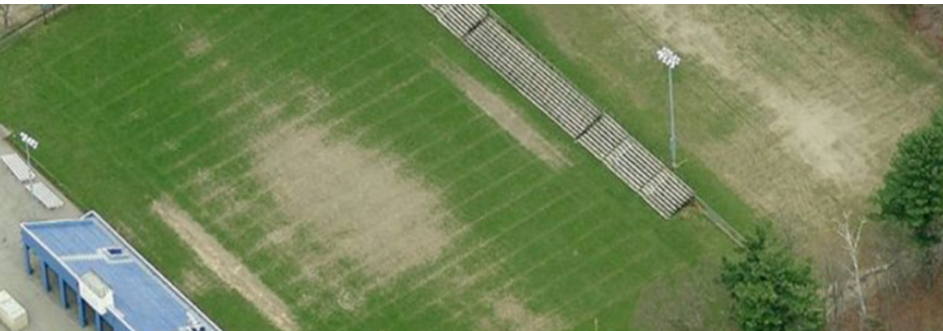
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Nicholson Stadium, the Heart of the City of Methuen

Melissa Fluet
METHUEN CONTRIBUTOR

Nicholson Stadium was built in 1938, dedicated in the name of Arthur Nicholson in 1948 and is at the heart of the City of Methuen. It is centrally located, adjacent to both the Tenney and Timony grammar schools and the newly renovated Methuen High School, and provides easy access to Interstates 213, 93 and 495, as well as The Loop.

Initially the stadium was used for boys' high school football exclusively. With time, the stadium's role has expanded. Now, in constant use from March through November, it is currently the home of girls' high school field hockey, girls' and boys' high school soccer, high school band, the Methuen Instructional League (T-ball), Relay for Life, Easter Egg Hunt, the July 4th fireworks display, and various other events. If the stadium is renovated, sports such as Youth Lacrosse would utilize the facility. Currently, due to field conditions, the stadium is basically unusable during times of inclement weather, and is used with discretion during regular sport seasons to ebb further deterioration. Since the stadium was built solely for boys, there are no female locker rooms. The stadium is not ADA compliant.

Since 1938 there have been no major renovations, just routine maintenance and partial cosmetic improvements, such as painting, when needed.

For several decades the city and local volunteers have tried to renovate portions of the property only to fall victim to budgetary constraints, building regulations or a failing economy. At a recent workshop on February 17, 2015, Mayor Steven Zanni, Community Development Director Bill Buckley and City Auditor Tom Kelly presented a plan where the stadium complex and surrounding property would have large-scale



renovation, finally accomplishing all the failed past attempts. City Auditor Tom Kelly laid out a financial plan where the city would take out a bond, and the total cost of the renovations would be \$4.6 million.

Currently, state funding for portions of the renovation has been secured, but unless the city begins to implement renovations, the city will be unable to secure more funding. Presently, \$1.4 million has been secured, and \$1 million has been committed to be raised. The bond needed for the completion of this project will be \$2.2 million. According to City Auditor Tom Kelly, the City of Methuen currently holds bonds for recently renovated high school and grammar schools. If the city agrees to bond this project, the bond will be less than what is currently owed for the elementary schools, and would replace the current debt for the elementary schools. Property taxes for Methuen residents would not be raised.

The History and Timeline

For the last thirty-plus years, Nicholson Stadium has often been a relevant topic in the community. In 1986, when Methuen identified a need for more space and better fields, a "master plan"

FLUET: SEE PAGE 13



Representatives Linda Dean Campbell (left), Senator Ives, and Lawrence Mayor Dan Rivera recently attended a forum sponsored by Northern Essex Community College to discuss ideas that will improve business and education coordination and help fill critical jobs in the Merrimack Valley.

Representative Update: Legislation That I Am Filing

Linda Dean Campbell
STATE REPRESENTATIVE, 15TH ESSEX

This session I am sponsoring and co-sponsoring approximately fifty pieces of Legislation targeting substance abuse prevention in the Merrimack Valley.

Perhaps the most challenging legislation that I am filing is that drafted by the Massachusetts District Attorney's Association. After meeting with DA Blodgett to discuss his perspective on what could be filed to assist law enforcement, he suggested two specific bills.

First, when there is a homicide, it is required that this homicide be reported immediately to local law enforcement. Not so with drug overdose deaths. In the opinion of our DA's, it would be helpful that overdose deaths be reported immediately allowing law enforcement to act quickly when patterns develop.

This is especially important for the Merrimack Valley where traffickers use Routes 95, 93, and 495 to meet buyers in the conveniently located cities of the Merrimack Valley. It is important that the names of those who die from overdose are protected and not released to the press.

The second piece of legislation is long overdue according to the DA's – and I

agree. "An Act to Assist the Investigation of Serious Crimes" would provide updates to our wiretapping laws which have not been updated for several decades.

While I do not understand why our wiretapping laws have not been updated, I do understand the privacy concerns that we all share regarding our personal and professional communications and data.

Accordingly, the changes require the same court orders, warrants and demonstrations of probable cause as current law. Changes requested by law enforcement add communication technology such as cell phone communication to the list of communication technologies that the police may use to conduct surveillance under strict judicial supervision. These changes will allow for more effective surveillance of narcotics and human trafficking.

I have sponsored numerous other pieces of legislation that are summarized on my website. (www.statereplindadeancampbell.com). They pertain to care for our Veterans, local issues, economic development, transparency, energy and the environment, health care, education, and public service.

Please do not hesitate to contact me: Linda.Campbell@mahouse.gov/617.722.2000



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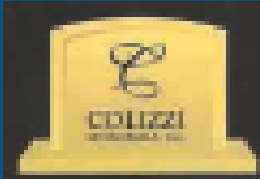
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TOM DUGGAN'S NOTEBOOK

NOMINEES FOR THE 2015 VALLEY PATRIOT AWARDS (MARCH 20TH)

The Valley Patriot newspaper has unveiled the nominees for the 2015 Valley Patriot Awards. Each year, The Valley Patriot gives awards at the annual BASH to members of the community and members of The Valley Patriot family. The winners will be announced on March 20th at the Firefighter's Relief In (Get Tickets in advance eventbrite.com).

VALLEY PATRIOT GOODWILL AMBASSADOR AWARD

Once called the Honorable Mention Award, The Goodwill Ambassador Award is given to people who do not necessarily work for The Valley Patriot, but promote the paper as our goodwill ambassadors in the community, whether through the press, or pitching in to volunteer to help one of The Valley Patriot's many projects in some outstanding way.

- PREVIOUS WINNERS:
- (2013) Mike Grammont & Tracey Zysk
 - (2014) Rich Russel & Shawn Hansen
- 2015 NOMINEES:
- John Bergeron, Jessica Finnocchiaro
 - John Macdonald, Clay Evans
 - Joyce Tomaselli and Gracemarie Tomaselli

VALLEY PATRIOT EDITORS CHOICE AWARD

Each year The Valley Patriot honors two Valley Patriot contributors for outstanding writing, or taking the high road in public discourse while also taking very bold stands on some of the most important issues that shape our culture and our community. Columnists, reporters, and even letter writers are eligible for this award. Previous winners of this award have exposed corruption, called out elected officials for bad behavior, provided exceptional information to the public and/or attracted a whole new demographic of readers to the paper.

- PREVIOUS WINNERS:
- (2013) Joe D'Amore, Lonnie Brennan.
 - (2014) Paul Murano, Jeff Katz
- 2015 NOMINEES:
- Bill Cushing (TV Talk)
 - Dani Langevin (Ye Gay Ol' Valley)
 - Kathy Runge (Kathy's Notebook)
 - John MacDonald (Lowell Columnist)
 - Christine Morabito (World Views)
 - Dr. Frank MacMillan (The Doctor is IN)
 - Anna Debernardo (Teen Talk)

VALLEY PATRIOT PRESIDENT'S AWARD

Nominees of this award are chosen personally by Valley Patriot Publisher Tom Duggan for their unique and/or outstanding contribution in the operations of the paper. Previous winners have helped us get the paper to the printer in emergency situations so that we don't miss a deadline, gone out in snowstorms to shovel out our street boxes, promoted us to local businesses for advertising, or provided exceptional material to the paper that nobody else could contribute.

- PREVIOUS WINNERS:
- (2013) Christine Morabito & Dan Selenius
 - (2014) Dave Sullivan & Dani Langevin
- 2015 NOMINEES:
- Christine Morabito, Margaret Crow
 - Dr. Bharani Padmanabhan, Alex Talcott



Lawrence Mayor Dan Rivera with Governor Charlie Baker putting their party differences aside last month as the governor toured many of the bodegas in Lawrence, and talking to business owners.

Mike Gagliardi, John Macdonald

VALLEY PATRIOT 1ST AMENDMENT PUBLIC SERVICE AWARD

Each year this award is given to 2 individuals who show with their actions that they value the 1st Amendment to the Constitution. Winners of this award have made a significant difference in holding public officials accountable, fought for transparency in government and gone above and beyond the call of duty to defend and protect our right of free speech, a free press, freedom of religion and/or being a whistle-blower. They are or have taken ACTION, bold action, to make sure the public is more informed about what their government leaders and representatives are up to. Without individuals like this on the front lines in the war against a free speech and a free press our freedoms could be lost.

- PREVIOUS WINNERS:
- (2014) Auditor Suzanne Bump
 - Senator Kathleen Ives
- 2015 NOMINEES:
- Rep. Diana DiZoglio, Richard D'Agostino
 - Tracy Watson, Rep. Jim Lyons
 - Michael Sweeney, Colonel Sam Poulten
 - Kathy Runge

VALLEY PATRIOT HERO VETERAN AWARD

Because honoring Veterans is so much a part of what we do at The Valley Patriot, we honor two people who themselves honor our hero service men and women here at home. Honoring our veterans and recognizing their incredible sacrifices is one of the most important things we do at The Valley Patriot. Whether it is public service, volunteering in the community or helping other veterans here at home, these recipients are people who embody what service and sacrifice are all about.

- PREVIOUS WINNERS:
- (2013) David Swarbrick, John Lenottee
 - Helen Mooradkanian
 - (2014) Francisco Urena, Tom Fallon.
- 2015 NOMINEES:
- Bruce Arnold, John Ratka,
 - Eric Nelson, John MacDonald

OFFICER TOM DUGGAN SR. LAW ENFORCEMENT AWARD

On March 16, 1990, Lawrence Police Officer Tom Duggan, Sr. lost his life in the line of duty. He was a man who loved being a police officer and lived his life responding to cries for help in the community. While he worked on many major cases and high profile crimes, he always said that it was the day-to-day work he did, on and off duty, to help people in small ways that really made his job worth doing. The award is given to members of public safety (police or fire) and/or civilians who honor the service and personal sacrifice police officers and firefighters make every day. Officer Duggan believed that those little extra things we do in life to help others make the biggest differences in people's lives at the end of the day and makes the world around us a better place.

- PREVIOUS WINNERS:
- (2013) Scott Emerson,
 - Methuen Police Officer Dan O'Connell,
 - (2014) Amesbury Police Officer Jason Kookan, Lawrence Firefighter Manny Gonzalez

2015 NOMINEES:

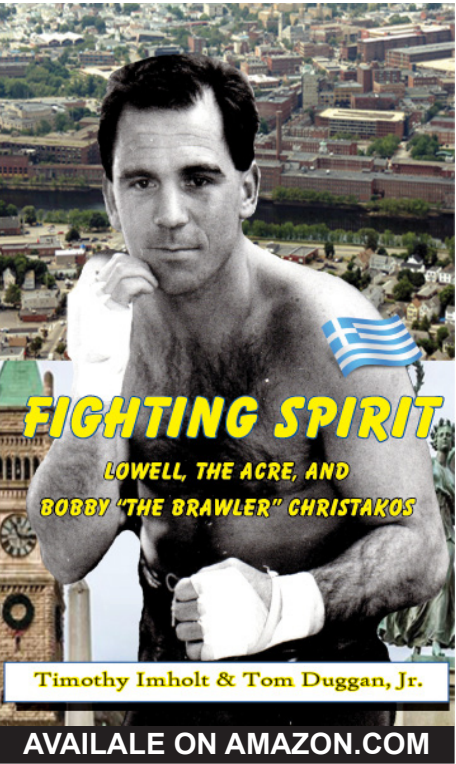
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PARADE POSTPONED - Due the unprecedented amount of snow and extremely cold weather, the Lawrence Parade Committee has decided to move the date of the parade from Sunday March 8th to Saturday March 28th, 1PM.

The parade will follow the same route as it did in 2014. The parade will begin at the intersection of Amesbury Street and Common Streets, and proceed down Amesbury Street by the Claddagh Pub over the Central Bridge onto Parker Street turning left onto Salem Street down Salem Street past Pizza King Turning left onto Market Street past the Relief's In ending at Market and Osgood. (Good viewing locations: Claddagh Pub, Pizza King, Relief's In)

(No Parking on street will be in effect from 11AM-4PM the day of the parade along the route)

Donations and Participant Registration In-



formation: Anyone wishing to donate can send their donations made payable to: Lawrence St. Patrick's Day Parade c/o Relief's In 1 Market Street Lawrence, MA 01843. A Memorial Page has been set up for anyone wishing to donate a \$100.00 in memory of a loved or some special person in your life. For more information of if you're interested in participating please return the registration form no later than March 14th.

All forms to register to participate are downloadable on the website: www.lawrencestpatrickspatparade.com

FLUTE CONCERT - The Northeast Massachusetts Youth Orchestras will present their Flute Choirs in a free community concert on Saturday, March 14th. The concert begins at 3PM at the Congregational Church of Topsfield, 9 East Common Street. Led by Flute Choir Director Trisha Craig, the concert includes performances by all three of NMYO's Flute Choirs and special guests New England Flute Orchestra directed by Dr. Eileen Yarrison. The NMYO Flute Choirs include 28 area middle and high school student musicians. New England Flute Orchestra consists of 17 adult members with years of experience creating a beautifully blended sound, precise rhythmic execution, and a spirit of unity few chamber ensembles can match. In this "Flute for All Ages" performance, each group will play a variety of works as well as a combined piece, Jungle Dance by Wil Offermans.

METHUEN RESTAURANT WEEK

Methuen Mayor Steve Zanni, in conjunction with Century 21 McLennan & Co. and Doctors Express in North Andover, invites consumers and local businesses to participate in the Annual Methuen Restaurant Week! This year, Restaurant Week will take place March 22-28th. Several Methuen restaurants have already agreed to participate. If your business would like to get involved, choose a promotion - something like a 10% discount, a 2 for 1 deal, a free side dish, or any other deal, contact John Molari at 978-983-8506 or emailJRMolari@ci.methuen.ma.us. Participa-

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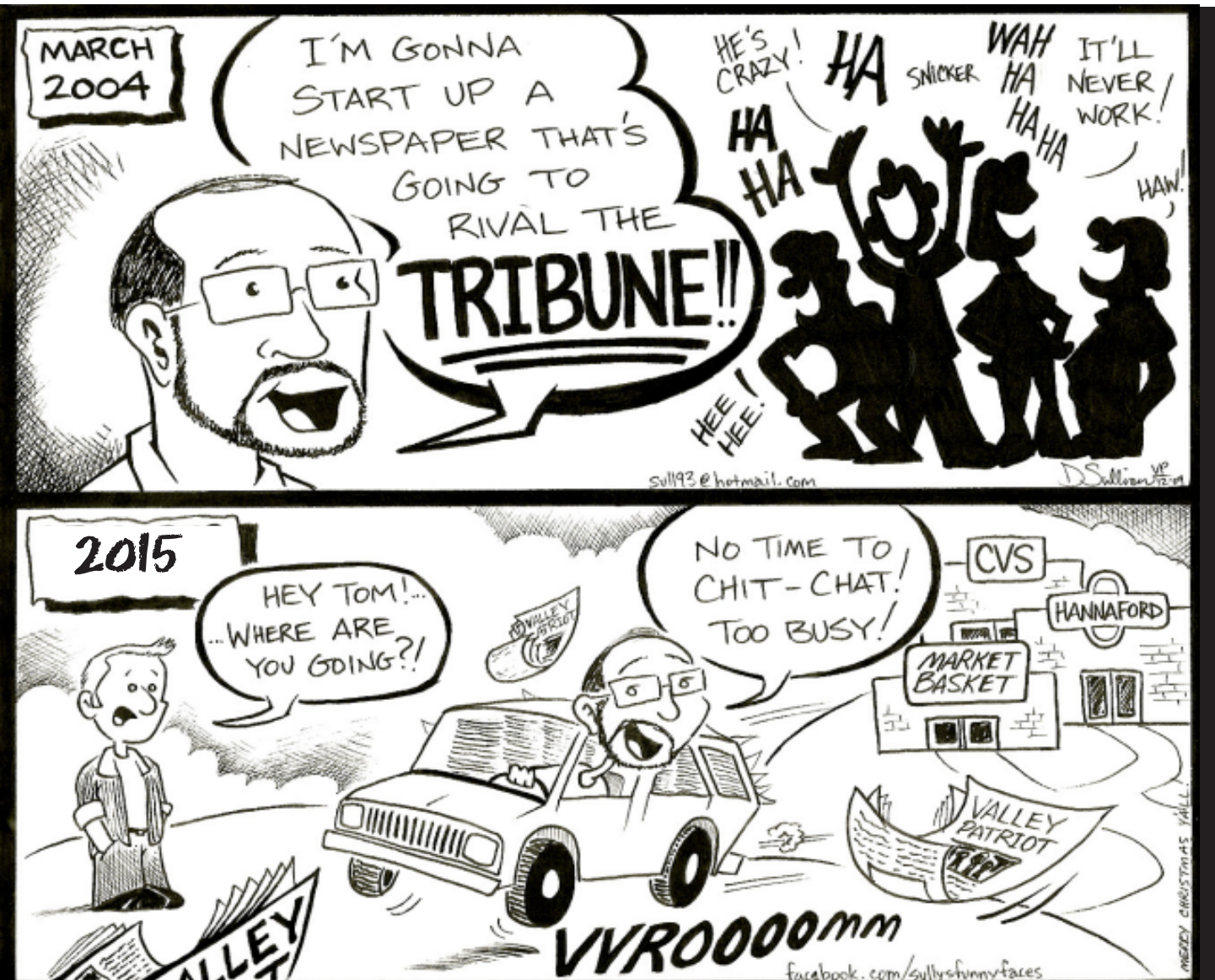
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THE AGING EYE: AN OVERVIEW: Friday, March 13 at 9:30am. Learn about things that you may able to do that will help keep your eyes healthy. Dr. Kerwin, local Ophthalmologist.
GET YOUR IRISH ON! - Friday, March 13 at 1:30pm. \$5. Everyone is Irish for the day, so put your green on and come celebrate St. Patrick’s Day with food, fun and entertainment with international performer, Brian Corcoran.
THE “LAST GOOD WAR”: STORY OF WWII. Thursdays, March 19th to April 23rd at 1:30pm. \$18; Local historians, Don Robb and Joe Ponti presents a six part series on World War II: Why, How and What America did to ensure victory.
BEST SHORT STORIES OF 2014: Wednesdays, March 11th to April 8th at 10am. \$15. Eileen Reilly, a professional educator and longtime book enthusiast, will facilitate discussion from this important annual collection of American short stories.
WOMEN’S OUTDOOR ADVENTURES: Thursday, March 19. State House Tour. \$15 includes transportation. Departs The Center at 8:30am.
WOMEN’S HISTORY MONTH: CELEBRATING THE POWER OF DIVERSITY: BUILDING, PROTECTING, INSPIRING

INSPIRING: THE GENKI SPARK: Monday, March 16 at 1:30pm. \$5. Celebrate with this multi-generational, pan-Asian, nationally performing women’s arts and advocacy organization that promotes respect for all. Members of The Genki Spark will share their personal message of women’s empowerment, what it means to be visible as Asian women, perform on beautiful Japanese drums (taiko) and engage the audience in rhythm and story telling.
PROTECTING: LAZARUS HOUSE: Monday, March 23 at 1:30pm. Breaking the cycle of poverty, Lazarus House offers emergency shelter, food, clothing, as well as education and work training for individuals living in poverty in Lawrence, MA.
THE CENTER AT PUNCHARD (The Center): 30 Whittier Court, Andover. Hours 8 a.m. to 4 p.m. Pre-registration required for all events and space is limited. Open to entire community, pending space. Call for information: 978-623-8321, or visit www.andoverse-niorcenter.org for our complete listings.
SENATOR IVES OFFICE HOURS: Sen. Kathleen O’Connor Ives’ upcoming of- fice hours in Haverhill on Friday, March 20th between 1 and 2PM at the Haverhill Public Library, Milhendler Room. Appointments are not required.
Office hours in Methuen will be on Friday, March 20th between 3 and 4PM at the Nevins Memorial Library, Trustee’s Room. Appoint- ments are not required. For any questions, please contact her office at (617) 722-1604 or by emailing Christopher.Power@masenate.gov
METHUEN MAYOR ZANNI TO FILL BOARDS & COMMISSIONS
Methuen Mayor Stephen N. Zanni is look- ing for prospective Methuen residents interest- ed in joining the city’s many boards and com-
NOTEBOOK: PAGE 31



“Let’s Go Fishing” at Hampstead Academy

Students in Mr. Kutzelman’s Ice Fishing Class at Hampstead Academy are learning about aquatic resources and basic winter ecology in NH through the NH Fish and Game “Let’s Go Fishing Program”. It’s a fun-filled class that encourages students to put aside their devices and video games to enjoy some of the outdoor recreational activities that we have to offer in the winter. Students are introduced to tip ups and other ice fishing equipment, ice safety, knot tying, fish identification, ethics, rules and regulations.
To help get students excited about the class, the students are encouraged to expand their knowledge of the different local fish varieties as well as their taste buds. They sampled Mr. Kutzelman’s very own catfish chowder and learned about some of the local fish in the area with the help of Mr. Mark Donahue, the owner of Donahue’s Fish Market in Plaistow, NH. Examples of some of the fish that the students were able to learn about included salmon, trout, haddock, hake and even lobsters, which they learned how to differentiate between male and female. After a brief demonstration by Mr. Donahue on how to properly filet haddock and hake, the students used the filet to make their own fish fry.
“Let’s Go Fishing” at Hampstead Academy concludes with an ice fishing derby each year and is an example of how the school works to actively engage and promote healthy winter exploration. More importantly, however, is that the class works to help foster appreciation for the conservation of natural resources by providing students with the knowledge and tools to live a more sustainable life.

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Methuen Stadium Funding Saga Ends, New Beginning for Students

Methuen stadium funding saga ends, new beginning for students

Jessica Finocchiaro
VALLEY PATRIOT METHUEN COLUMNIST

The Methuen Stadium Renovation Saga began in 1986, and seems to have ended this week, though many can hardly believe it. After a sudden turn of events, the City Council passed a last minute “7 Point Stadium Financing Plan” Monday, after a similar plan failed the week before.

DEPLORABLE CONDITIONS FOR STUDENTS: The Stadium violates Title IX, a federal law that requires girls and boys to have equal facilities. Since there’s only male locker rooms, girls change in cars in the parking lot. The Stadium also violates the American Disabilities Act (ADA), by not being handicapped accessible. Experts believe these violations and the dangerous conditions of the stadium puts the City of Methuen at serious risk for lawsuits. The 1,500 sq ft. clubhouse serves over 4,000 students, and hasn’t been updated since 1938. Team meetings are held in a dingy shower room. The fields are uneven, compacted into a hard surface, and some areas have broken glass underneath. The visitor bleachers are rusted and unstable. Proposal 1 was designed to fix these issues by building a new clubhouse with female locker rooms, turning the old clubhouse into ADA compliant bathrooms, installing turf and new bleachers, and making the whole stadium wheelchair accessible.

ORIGINAL PROPOSAL 1 FUNDING: The City of Methuen has \$1.4 million dollars in outside funding in hand, and plan to gain an additional \$1 million. The Methuen Athletic Improvement Committee (MAIC) and supporters asked councillors to vote yes to borrowing \$4.6 million to cover the remaining \$2.2 million needed. Since other bonds are due to be paid off, residents would actually see a net decrease in taxes. Reports show if the project was completed in stages, it would add \$200,000 to the cost. For years Mayor Steve Zanni, MAIC President Steve Saba, and many others have worked to bring this project together.

CITY COUNCIL SPECIAL MEETING FEBRUARY 23: An estimated 600 residents attended, and public participa-

tion took up most of the record 4 hour meeting. At times both residents and councillors expressed frustrations with each other. This proposal ultimately failed in a 5-4 vote, since a two-thirds majority is required for bonds. Councillors Joyce Campagnone, Jim Jajuga, Lisa Ferry, Sean Fountain, and Tom Ciulla voted YES to Proposal 1. Jajuga asked for a reconsideration of the vote, giving councillors a chance to change their minds.

LOCAL & STATE SUPPORT: Methuen State Reps Campbell, Moran, DiZoglio, and Senator Ives promised to secure more funds if passed. DiZoglio notably expressed her support as a former Methuen High School female athlete. Methuen Public Schools District Superintendent Judy Scannel, Nevins Trustee Arthur Nicholson III, and others also spoke in support. I also voiced my support at the meeting, calling for councilors to view this issue as a fiscally responsible investment in our community, and to the future of Methuen - our youth.

4 COUNCILLORS VOTED NO IN FEBRUARY: Councillors George Kazanjian and Jamie Atkinson both expressed general support for the stadium in phases. Atkinson wants to use available funds to make the stadium ADA compliant, while seeking private funding for the rest of the project. Council Chairman Ron Marsan has signed a “no new taxes” pledge, which was one of his reasons for voting “no,” but has been a longtime supporter of the project. Councillor Daniel Grayton cited how staying true to his campaign literature influenced his “no” vote.

SUPPORTERS NEVER GAVE UP HOPE: Hundreds of letters to the four councillors against the proposal were sent by email and posted on Facebook and Twitter. The next day Fox News arrived to interview councillors who voted “no” and to film 150 freezing cold residents holding signs in support of the project.

THE TIDE TURNS - 2 COUNCILLORS VOTE NO IN MARCH: On March 2, the Council met, with many expecting several hours of public participation, followed by a final vote on Proposal 1.

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History Curriculum at Methuen High to Remain As Is

D.J. Deeb
METHUEN SCHOOL COMMITTEE

February has been a difficult month for Methuen Public Schools as it has been for residents and homeowners throughout the Commonwealth due to the multiple storms that our region has experienced. In addition to dealing with the snow and ice, a great deal of discussion ensued regarding the present History Curriculum at Methuen High School. I am pleased to report that the History requirements for graduation will remain as is. On another note, members of the City Council need to work constructively with the Methuen Athletic Improvement Committee to address the much-needed renovations to Nicholson Stadium within the existing tax structure and without placing an undue burden on taxpayers.

A few months ago, Methuen High School Social Studies Department Head Roger Lenfast and Guidance Director John Crocker proposed changing the department offerings to allow students to choose offerings in Social Studies that focused in on particular periods of U.S. History such as the Vietnam Conflict and the Great Depression in place of survey courses that are currently required, which cover broader periods of study in U.S. History encompassing Colonial America up to the 21st century. Although these changes were well intentioned, several School Committee members, including myself, expressed concern about these proposals. It is important that our students have a thorough understanding of all of the important events in American History that have made our country great. Required survey courses should not be substituted with a choice of studies. Instead, students who are interested in studying in-depth certain events and periods in American History, should be permitted to take elective courses in these



areas in addition to the required survey courses. Currently, Methuen High School students are required to take two full-year courses in United States History (United States History I and II), and a half-year course in American Government. Students are also required to take a half-year course in World History. The Social Studies Department will explore the feasibility of offering additional electives next year. We are fortunate that the Department presently offers elective courses in the History of Methuen, Legal Studies, Psychology, Contemporary Issues, and Advanced Placement American & European History.

On another note, many parents in the community have expressed legitimate concerns regarding the number of days that school has been cancelled due to inclement weather. Students are currently scheduled to remain in school until Friday, June 26th. Superintendent Judy Scannel is exploring options for makeup days with parents, students, and staff. There are four options being considered as of this writing: 1) Saturday makeups; 2) Opening school on Good Friday; 3) Reducing the April school vacation week; and 4) Keeping the end of school date at June 26th. The first three options also involve collective bargaining obligations with employee unions. The Superintendent will make her recommendation to the School Commit-

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was established specifically to renovate the stadium, football stands and parts of the field needing rehabilitation. In 1994 an Open Space and Recreation Plan was established. The Long Range Field Committee recognized the need for additional soccer fields, more developed playgrounds and parks, better distribution of facilities, and necessary support for prior goals from the preceding decade. A Land Use Plan was created in 1997, calling for assertive implementation of the Open Space and Recreation Plan, to improve accessibility of facilities.

In 2005 a small group of residents put together a plan, including financing, to install artificial turf on Nicholson Stadium’s main field. The plan was stonewalled by the city, and the residents eventually walked away.

A 2nd Master Plan was initiated in 2007, relative to the previous Open Space Plan, to improve the quality of facilities and programs; improve handicapped accommodations; expand fields due to usage demands; and renovate high school and Pop Warner fields. It was clear that Methuen was not meeting National Recreation Standards.

In 2008, then-City Councilor Zanni gathered a group of residents and began private construction of a new clubhouse at the stadium. Construction was quickly abandoned after the foundation was installed, due to lack of funding and City Property requiring a formal bidding process.

In 2013, the Open Space and Recreation Plan was called upon to improve

the City’s recreational facilities; provide necessary additional recreational facilities due to a growing population; and to complete Nicholson Stadium renovations and install field turf. Also in 2013, the Methuen Youth Sports Commission met with Mayor Zanni regarding necessary improvements to the Stadium. Some members of the Commission created a separate group, the MAIC (Methuen Athletic Improvement Committee). The MAIC organized a fundraiser in September 2013 at the Sons of Italy in Methuen to advocate the renovation of Nicholson Stadium. It quickly sold out.

A Stadium Renovation Presentation was given to the City Council in April 2014 to review stadium conditions, current needs, and potential cost of renovations. On Feb 17, 2015 a Stadium Renovation Workshop was held to review bids, architects, landscape engineering, and available funding through bond.

A Special City Council Meeting was held on Feb 23, 2015 with strong public participation, to discuss and vote on the Stadium’s renovation proposal. Five Councilors voted in favor; 4 Councilors opposed. The vote required 6 of the 9 councilors to approve.

Amidst public discord, a second special meeting was held on Monday, March 2 at 7 pm, at which time the stadium proposal was voted on, and ultimately passed, with 7 of the 9 Councilors voting in favor. 77 years after being built solely for boys’ high school football, Nicholson Stadium will be an athletic complex capable of fulfilling the needs of all Methuen’s youth.

Happy 11th Anniversary!

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A Criminal Justice Conversation with Gov. George Pataki

Alex Talcott
DURHAM, NEW HAMPSHIRE

(George Pataki served as New York’s governor from 1995-2006. He is counsel with the law firm Chadbourne & Parke LLP, chairman of the Pataki-Cahill Group for business strategy, and chairman of the “We the People, Not Washington” Super PAC supporting his political activities. Pataki is a prospective 2016 Republican presidential candidate.)

A chart on your political action committee’s website titled “Historic Decrease in Crime” shows year over year decline in New York’s total crimes each year 1994 through 2005, from over 900,000 in 1994 to under 500,000 in 2005. How did you, or how does a state best, pull together local crime data?

On crime data, we had a multifaceted approach.

We did everything from sentencing reform to parole and early release reform to evidentiary rule reforms. And among other things, we also created a very advanced DNA databank with the state police laboratory, where we could have the records of people convicted. During the course of those 12 years we constantly expanded the number of crimes and type of crimes where people who were convicted were required to give DNA samples. It had a profound impact on allowing us to solve not just crimes committed at the time but also crimes that had been committed years in the past.

I talked with Rick Perry this month about how political leaders have absconded from the once ballyhooed “tough

on crime” moniker, and I was surprised to hear a Texas Republican governor boast of alternative courts and closing prisons. New York is notorious for tough [Gov. Nelson] Rockefeller drug laws. Where is New York now in its law and order objectives?

Well I’m very proud of the progress we made. We were the most dangerous state in America when I took office. Period. The most dangerous state. And when I left we were the fourth safest state in America. I’m disappointed that some Republicans believe that violent crime doesn’t have to be handled as the serious crime against the people...that it is.

The Rockefeller drug laws—we reformed the sentences. We wanted to have a tough but smart approach to crime. With violent crime, we definitely toughened everything—from sentences to paroles. We ended parole for violent felons, for example. That was a very difficult law to get through but we did, and expanded sentencing. But with respect to drug crimes, we did reduce mandatory sentences. And we did create “shock incarceration” camps, where the idea being that someone who had committed a drug crime and deserved, appropriately, to be separated from society at large – but we didn’t want to turn them into a hardened criminal – so we put them into drug boot camps, six to eight months, where they had intensive physical and mental counseling and conditioning, after which they would be given the opportunity to avoid being incarcerated in the broader criminal justice penal system. But the large-scale drug dealers and others, we increased

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Internet Sales Tax in New Hampshire

DJ Bettencourt
VALLEY PATRIOT NH COLUMNIST

It is unsurprising that in a state with no general sales tax, the topic of Internet sales taxes has become a key issue for potential GOP presidential candidates testing the waters in New Hampshire. In particular, New Jersey Governor Chris Christie has had to answer some tough questions about his recent plan to tax online sales in his state. Previously, he supported the federal “Marketplace Fairness Act.” Wisconsin Governor Scott Walker has also supported Internet sales tax proposals similar to the “MFA”.

Given the issue’s renewed prominence in the early stages of the New Hampshire primary and its particular importance to Granite Staters, it is worthwhile to review the mechanics and impact of Internet sales tax policy.

Here is a review of the policy that I wrote for The Valley Patriot when the issue first came to prominence in the spring of 2013:

By any measure, the “Marketplace Fairness Act” is terrible policy. However, its negative effect on New Hampshire and small business is particularly pronounced.

The proposed legislation is an Internet sales tax that seeks to force every online retailer with annual sales exceeding \$1 million to collect a sales tax on their customers based upon the sales tax rate where that customer resides. This would even apply to businesses operating in states with no sales tax.

How does the law work? Normally, sales taxes are collected and remitted by retailers at the “point of sale.” When retailers at “The Loop” make a sale, they collect the sales taxes that are due to Massachusetts and the City of Methuen and send

them to the proper revenue agency. Under this scenario, it is immaterial whether the particular buyer is a resident of New York City (8.875% sales tax) or Salem, New Hampshire (0% sales tax) because the tax is collected at the “point of sale” and thus is the same for everyone. Under the proposed law, the “point of sale principle” is discarded and retailers are forced to track the place from which an online buyer has made a purchase, calculate that shopper’s applicable state and local sales taxes based on wherever they reside, collect the tax, and then remit them to the applicable revenue agency.

Currently, nothing prevents states from taxing online sales within their state. However, few states elect to do so because it would encourage companies to locate in less-taxing states. So, the “MFA” allows states to punish citizens for shopping at out of state businesses. Worse, the law invites double taxation through interstate compacts, which could allow sales to be taxed in both the shopper and business’s jurisdiction.

The act is particularly offensive to states like New Hampshire who value its sales tax free environment. Grant Bosse, formerly of the Josiah Bartlett Center for Public Policy captured its effect on New Hampshire perfectly, “Taxing online sales wouldn’t cost New Hampshire residents much in the short term. We don’t have a sales tax, so we wouldn’t have to pay it. But it would erode our ability to attract online retailers, at least those that hope to grow to a million in annual sales.”

Often Internet sales are the only thing keeping a significant number of small businesses afloat. Internet sales have weathered the disastrous Obama economy remarkably

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10 Things to do With Your Kids in Manchester

Justess Jacobson
MANCHESTER, NH COLUMNIST

Uh-oh! It’s that time of year... The dreaded “summer vacation”. You know, where things go all haywire and your children walk around like mindless zombies complaining that they are bored, but don’t want to do any housework or clean their room. So, what do you do? You can only take them to see so many movies and go to the lake before you are all bored. Yes, you can go camping and sometimes staying in is just fine... But 10 weeks is a long time for those same three activities. I decided to do the top ten greatest things to do with your kids because even though the weather doesn’t feel like it, summer will be here sooner than we know!

10. ICE SKATING AT JFK COLISEUM. I only put this so low because it is offered at a limited time of the year, but it is a BLAST! I used to go there and there is no way to have a bad time. I (somehow) didn’t fall when I was skating, but it was so much fun, and to watch all the little kids learn and have a fun time is so much fun. I think it was also really inspiring to watch the really young kids do incredible tricks and make it look flawless. This can be a bit on the pricier side of the scale, but it is so much fun, and the kids LOVE it!

9. RIVERWALK. This is an adventure

the kids will love doing. It starts on Kelley Street, on the west side of Manchester (although there are many entry points, Kelly Street is where to begin if you want to do it from start to finish) and you follow the walking path as you come by the Piscataqua River and a nature trail, it comes out by the Auto-Tire repair center on South Main Street, cross the street, and follow the trail you walk directly over the infamous Merrimack River. The walk ends at a small trail behind the Fisher Cats Stadium. For those who are extremely adventurous, there is a trail that is on the riverbank that is well lit and taken care of. I personally loved doing this walk (the first half) when I was running for exercise, and there are always a ton of people walking their dogs on this trail! Bike riding, scooters, and rollerblades are also a common scene while on this walk! Best of all- IT’S TOTALLY FREE!

8. SPORTING EVENTS. Manchester has a bit to offer with the sporting venues. Manchester Monarchs are a minor league Hockey team and those games are so much fun. Max the Monarch will never disappoint in entertaining the little kids, and with dancing on the jumbotron and all the kid oriented games during half time (chuck-a-puck, random kids can compete in games on the ice), I have never seen a

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History and Religion
Mandate Gay Rights

Dani Langiven

VALLEY PATRIOT LESBIAN COLUMNIST

One of the strongest reasons people use to justify that history be a part of our educational system is that we learn from it. We learn to not repeat the mistakes of our past and ensure that we nurture and continue those practices that have proven to be beneficial for all of mankind. Another lesson is that change is hard and frightening, but necessary as long as it is good, true, and beneficial. Being so, it is only natural that inalienable human rights should and must be extended to the gay, lesbian, bisexual, and transgendered community. It is necessary, good, true and beneficial for all of mankind. History dictates it, religion supports it. Let's take a look at what history has taught us about embracing groups of people who had and unfortunately, in many circumstances, still are viewed as threatening and subhuman.

Discrimination and the mistreatment of Jews can be traced as far back as the third century B.C.E. and pretty much through every year of every century to date. Efforts to stop anti-Semitic activities are almost as numbered and varied as how the Jewish community has been mistreated over the course of history. Those of us who are sane and accept the different views and beliefs of others know that anti-Semitism is wrong and disgusting. We embrace and applaud the tenacity and deep flowing convictions of our Jewish brothers and sisters to hold onto their traditions both as a faith and as an ethnicity. Their fortitude is nothing less than a God given miracle against all odds because, despite their constant abuses by those who wish to beat them down or even eradicate them, they continue to prove that they will not succumb. Throughout history non-Jewish people and communities have made life-threatening efforts to help eradicate anti-Semitism because doing so is good, true, and beneficial to all of humankind.

How many Christians lost their lives at the hands of the Roman Empire because they were seen as a threat to its very foundation. Which, of course it was. Here we had this man claiming to be the Son of God saying that the Roman kingdom was great and powerful but there is a greater and more powerful kingdom and that is the kingdom of heaven. Not only that, Jesus had the gall to say that the Roman emperor was not a god at all, a belief held by the Romans for centuries. Jesus said that there is only one true god and that is the God in heaven. Jesus was a verbal terrorist to the Romans. What resulted was the martyrdom of tens of thousands of people who accepted what Jesus was saying. Once again, the world encountered a religious community with unimaginable resilience. Over the course of 300 years Christianity took root and spread until it was finally adopted by the very kingdom that had first rejected it because of its financial and political benefits, not to mention the spiritual benefits for its followers. As a result, Christianity is the number one

religion in the world today.

Centuries later, 60 million Africans died and/or were enslaved over 500 years of the European and American slave trading system. We are still seeing the ramifications of this abuse in modern times. People of African American decent are making it clear that the discrimination and abuse they and their ancestors have endured and are still experiencing, need to be recognized and stopped. Although this is true, we continue to see great strides in trying to equalize the playing field between whites and blacks because it is right, true, and beneficial to all of us. African Americans can be found in every vocation, social, religious, and economic group all the way up to the White House. The change to make America more equitable between blacks and whites is painfully slow and ongoing.

The GLBT community has been and is being discriminated against because of whom they love and it is about love, and love only. Those who reduce it to sexual activity are governed by their ignorance and sheer stupidity. It is about being allowed to love another adult human being with mutual respect, similar goals and the desire to make their lives and the lives of those around them better by creating a life together. And yet, so many want to deny us of that. Think about that. A group being oppressed, denied their inalienable rights, persecuted and even killed because they love.

Religious scripture is often brought up when arguing against the gay community. Having taught world religions for a decade I know that all of them, every single religion created since the dawn of time makes love and compassion for others a number one priority. According to the writings of Baha'u'llah, "We are but one country, and mankind its people." That is one of my favorite quotes. I have it posted to my classroom door. "Love is brotherhood," is stated in the Qur'an 3:10. Yes, even the "religion of death" (sentiment held by many Valley readers, not me) advocates for love and treating others as your brothers (or sisters). One of the core commandments of Judaism is "Love your neighbor as yourself," Leviticus 19:18. Christianity was born from many Jewish beliefs. In Romans 13:10, "Love does not harm its neighbor. Therefore love is the fulfillment of the law." Therefore, the GLBT community is fulfilling the law of God.

History dictates it. Every religion advocates for it. It is undeniable. The GLBT community must be included in and extended the same inalienable rights that all human beings should enjoy. To deny them of this is what is unnatural, not their love for one another.



Dani Langevin is a teacher and has a Bachelors in Fine Art and Masters in Education. She has written four young adult novels, one of which is self-published. You can email Dani at Dani-BLangevin@aol.com

Beneath the Surface

What is Forgiveness

Paul Murano

VALLEY PATRIOT EDITOR'S CHOICE AWARD

What is Forgiveness?

As the third in a series "What is?" columns, it is fitting for the month of March that we go beneath the surface on the question, "What is Forgiveness?" Traditionally March inspires spring clean-up and getting one's house in order, both literally and spiritually. Christians around the world fittingly celebrate the season of Lent, which centers on forgiveness and penance. At its heart are the words proclaimed on Ash Wednesday when a person receives ashes: "You are dust, and to dust you shall return." This statement isn't exactly a pep-talk for self esteem, but a stark reminder of our littleness and insignificance without God's love.

The entirety of the Christian religion is based on this foundation: mankind collectively and individually needs forgiveness - vertically (from God) and horizontally (from each other). This is not only a religious concept; all people understand this need since guilt and bitterness are universal phenomena. There can be no peace without forgiveness. But what is it? What does it mean to forgive?

With the assistance of the International Forgiveness Institute (IFI) located on the grounds of the University of Wisconsin-Madison (www.internationalforgiveness.com), let us examine this question more closely. First, forgiveness is a response to an injustice. If there is no injustice there is no need for forgiveness. Secondly, it requires merciful restraint on the part of the forgiver not to harbor resentment or seek revenge. Forgiveness wills the good of the other even though their actions indicate they do not deserve it. In short, forgiveness is the overcoming of wrongdoing with good; and as we give this free gift to others we ourselves are healed.

Let us now look at what forgiveness is not. It is not an emotion, nor is it a weakness. Forgiveness is a strength. It does not ignore, deny, condone, or excuse wrongdoing. It fully recognizes it. Forgiveness does not exclude punishment. Since penalty or punishment seeks to redress the disorder caused by the action, punishment can go hand in hand with forgiveness. For example, after he was shot, John Paul II visited his assassin in prison to forgive him, but he never asked the authorities to free the man from his punishment. Forgiveness also does not mean reconciliation. Although restoration of the relationship is ideal, forgiveness may be practiced from a distance, depending on the other's psychological and emotional health. Protecting one's self from harm is justice and can be

part of the equation.

There are two immediate problems with the notion of forgiveness, however, that must be addressed. First, it may seem unjust to forgive: If someone has seriously hurt you, you may want revenge. Second, it may feel impossible: How can we possibly forgive in the midst of such pain and anger toward the perpetrator? These two criticisms of forgiveness deserve an honest assessment.

At first glance, forgiveness does seem unreasonable. One's inner being demands justice, which seems incompatible with forgiveness. Things don't seem right until revenge is exacted. From a non-Christian perspective this argument not to forgive seems reasonable, especially if the offender is not held accountable. From a Christian perspective, however, faith enables understanding of a bigger picture. Although it doesn't negate reparation by the offender, God has already exacted the justice we rightly seek in our hearts. The crucifixion of Christ is God vicariously taking that hit. The vengeance that is rightly sought after a grave injustice is satisfied in this. It is true that the price of justice must be paid, but by replacing the moral criminal on the cross He takes that justice while we gain the mercy.

The second problem is that forgiveness may seem impossible since we feel too hurt and angry to forgive. There are two responses to this. The first is that forgiveness is not an emotion, but an act of the will. It is a decision, despite the hurt and anger that remains. Following the choice of forgive, anger and pain gradually dissipate. The second point is that the decision to forgive amidst the remaining resentment may be possible only with supernatural help. Only with grace, supernatural life that God offers resulting from Christ's sacrifice, is it possible to rise above our woundedness to truly forgive. "You have heard it said, 'you shall love your neighbor and hate your enemy', but I say to you love your enemies and pray for those who persecute you" (Mt 5:44). This may not be possible on our own, but He offers both the way and the means.

The need for forgiveness is just as real on the communal level. Hatred and animosity can be passed down from generation to generation when forgiveness does not occur. Within the Middle East, for example, there is a cauldron of unforgiven animosity that traces back to the Middle Ages. Can the violent anger that spurs terrorism ever be conquered without forgiveness? Likewise, can the nihilistic self-destruction of western secular humanism be conquered without it? It is this homi-

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Legislation Needed to Hold Landfill Owners, Operators Responsible

IN YOUR CORNER WITH SENATOR KATY IVES

The Crow Lane Landfill in Newburyport has long been the source of environmental and public safety concerns since the process of closing and capping the landfill began nearly fourteen years ago. Closure remains unfinished to date. In that time, abutters of the landfill have been subjected to ongoing hydrogen sulfide emissions, which have contributed to a variety of nuisances, sleep disruption and diminished quality of life.

The complete capping and closure of the Crow Lane Landfill is a critical public safety project in Newburyport. In 2010, the Department of Environmental Protection seized control of the funding assurance mechanism (FAM) from the landfill owner. As of 2013, the FAM had been depleted from \$3,000,000 to under \$90,000 due to continued maintenance and repair expenses. The FAM was meant to be used for maintaining and monitoring the landfill into the long-term future. This funding tool is now ineffective, the landfill owner-operator shirks compliance, and residents continue to be negatively impacted.

The Crow Lane landfill in Newburyport is in violation of state agency orders and court orders. Yet, the owner is still able to pursue new business ventures in other parts of the state despite the fact that these violations continue to plague Newburyport residents. Over the course of this process, residents have contacted me with a number of concerns, particularly related to continued hydrogen sulfide emissions from the landfill. The landfill needs to



be capped completely and thoroughly in order to ensure the well-being of the abutters and area residents.

In response to this problem remaining unresolved, and to hold the owner accountable, I have filed a bill makes an owner or an operator of a landfill eligible for any state permits, licenses or approvals only when they have complied with state law. I look forward to the opportunity of providing testimony before the legislative committee tasked with evaluating this bill in order to address Newburyport's landfill problem and to also prevent this from happening to another municipality in the Commonwealth. It is critical to not only close the Crow Lane landfill, but to also hold landfill owners/operators financially responsible for related negative impacts that disregard the public interest.

Senator O'Connor Ives can be reached at KATHLEEN.OCONNORIVES@MASENATE.GOV

Joe D'Amore's Crime Notebook

SJC must split their decision in the Chism appeal

The defense team for Philip Chism are mustering a complex set of motions in an all out assault to protect their client. Chism, the 16-year-old is charged with first-degree murder and rape of his 24 year old math teacher, Colleen Ritzer, at Danvers High School in October of 2013. Chism was 14 years old at the time and his lawyers contend that he was coerced into admitting details of his actions and involvement in Ritzer's death. The media organizations are demanding that the material is public information. The lawyers have appealed and lost twice, to have the evidence not only suppressed but outright eliminated as a body of evidence for the case. Superior Court Judge David Lowy has viewed the tape several times and consider its importance in reaching a decision on the case.

Therefore, in January he denied the motion to impound the evidence made by defense attorneys. On February 12th, Appeals Court Justice Peter Agnes supported the prosecution's claim that Judge Lowy did not abuse discretion in denying the impoundment request.

So, now the stage is set for an appeal made directly to the Supreme Judicial Court. The appeal is centered on an outright dismissal of the evidence based on the defense's assertion that Chism's Miranda Rights were not delivered, and he was coerced into making the taped confession. Secondary to that of course are arguments that keeping the confession a secret is a legitimate right, because of the coercive offenses by the Danver's police against their client.

I believe that for justice to be properly

upheld, the SJC should deliver a split decision in this situation that will balance the evidence for both sides and allow the case to continue. The taping should remain closed to public view during the course of the trial at least. Since the claim of coercion can be carried forward by the defense throughout the trial, if a mistrial occurs because of it, then the defense will have earned the claim they are now trying to secure through the appeal. More importantly, the evidence must be allowed because it holds the material aspects of Chism's alleged complicity.

Rarely does the highest court in the state have an opportunity to balance the scales of justice. It's a delicate operation, but it has to be done to allow for this case to develop properly and justice to be served.

The eyes of the hopeful revealed the solemnity of the hour.

The moment was created by a gathering at the Boston Common on Sunday to pay homage to those who lost their lives in Paris. Though the events were distant, the drivers of those events — the jihadist scourge that has enveloped the world and sponsors the mass killings of defenseless civilians — was foremost on the minds of many. For others there were only thoughts of redemption, forgiveness. Perhaps for others still, their hearts were filled with loathing and anger.

The mood was made somber with song and music. The flowers and candles provided the universal backdrop of hope. The requisite, official declarations by the enlightened and the muffled whispers of the ordinary, created a mosaic of emotions.

In this city, the call for peace is a recur-

DAMORE: PAGE 23

Are You Really Wearing a Che Guevara T-shirt?

Christine Morabito
VALLEY PATRIOT COLUMNIST

I'll try not to judge. I'm sure you would never knowingly celebrate a violent, bloodthirsty hitman for Fidel Castro, the brutal communist dictator.

If we learned anything from Hitler, Stalin, Pol Pot and Mao, it's that tyrants are good at marketing. The trick to selling their snake oil is in the packaging. They control the media, and hence the message. While most of us are skeptical consumers when it comes to our despots, there are gullible windbags like Michael Moore peddling the lie that Cuba has better health care than America, because - get this - he went there and the Cuban government showed him (wink, wink).

"When a lie is repeated often enough, people start to believe it. Maybe that is why Ernesto "Che" Guevara has enjoyed such a cult following around the world. Somewhere between the rhetoric of American apologists and the failure of our public schools to teach actual history, you probably never learned the following about your beloved, El Che:

Guevara the Sadist

Cuban-American Vietnam veteran and Former CIA operative, Felix Rodriguez, who ultimately helped capture Guevara, told Newsmax: "I believe that eventually people will see what he really was. He was an assassin." Rodriguez continued, "He was an individual with very little regard for life. He enjoyed killing people."

In Che's words: A revolutionary must become a cold killing machine motivated by pure hate." Another fan favorite: "Crazy with fury I will stain my rifle red while slaughtering any enemy that falls in my hands! My nostrils dilate while



savoring the acrid odor of gunpowder and blood. With the deaths of my enemies I prepare my being for the sacred fight and join the triumphant proletariat with a bestial howl!"

There are accounts of Che shooting pregnant women in the stomach, simply because their families opposed him. Other than that, I'm sure he was a nice guy.

Guevara the Assassin

He was fascinated by violence. Castro's hatchet man ordered thousands of executions, earning him the nickname "Butcher of La Cabaña." He said, "To send men to the firing squad, judicial proof is unnecessary ... These procedures are an archaic bourgeois detail. This is a revolution!"

Yet, actor Johnny Depp wears a pendant of the sociopath around his neck.

Guevara the Tyrant

This hygienically challenged "freedom fighter" despised free speech, freedom of the press and religion. He ordered books

burned and signed death warrants for authors who dared to oppose him. According to Cuban jazz legend, Paquito D'Rivera, "Che hated artists, so how is it possible that artists still today support the image of Che Guevara?" Cuban songwriter Silvio Rodriguez, remembers, "We had to follow orders apparently given by a commission of the Central Committee of the Party whose job it was to approve songs, poems, and anything that had to do with Che Guevara."

Still, artists like Madonna and Carlos Santana think he's just swell.

Guevara the Racist

Che opined: "The black is indolent and a dreamer; spending his meager wage on frivolity or drink." Also from his diary: "The blacks, those magnificent examples of the African race who have maintained their racial purity thanks to their lack of an affinity with bathing, have seen their territory invaded by a new kind of slave: the

Portuguese."

Doesn't Jay Z prance around in a Guevara tee? Jessie Jackson called Che, "the most honest, courageous politician I have ever met." Even Mike Tyson sports a tattoo of his champion Che.

Guevara the Terrorist

El Che had a deep-seated hatred for the free people of the United States and their allies. In his words: "If the nuclear missiles had remained (in Cuba) we would have fired them against the heart of the U.S. including New York City. The victory of socialism is well worth millions of atomic victims!" and "Against those hyenas [Americans] there is no option but extermination!"

Angelina Jolie should really have her Che tattoo removed. We have the technology.

The Castro regime conspired with communists in Russia and around the world. They collectivized farms, confiscated businesses and forced hard labor. Cuba imprisoned homosexuals and committed scores of human rights violations. In Che Guevara's Cuba there was no freedom of assembly and certainly no fair elections. Although Fidel transferred power to his brother Raul in 2006, oppression is a Castro family business.

So, stop embarrassing yourself and throw that Che t-shirt in the rubbish where it belongs. It's a fashion statement, but not a good one.



Christine Morabito is a resident of Haverhill and former President of the Greater Boston Tea Party. You can email her at christine.morabito@hotmail.com

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Year Remembrance...

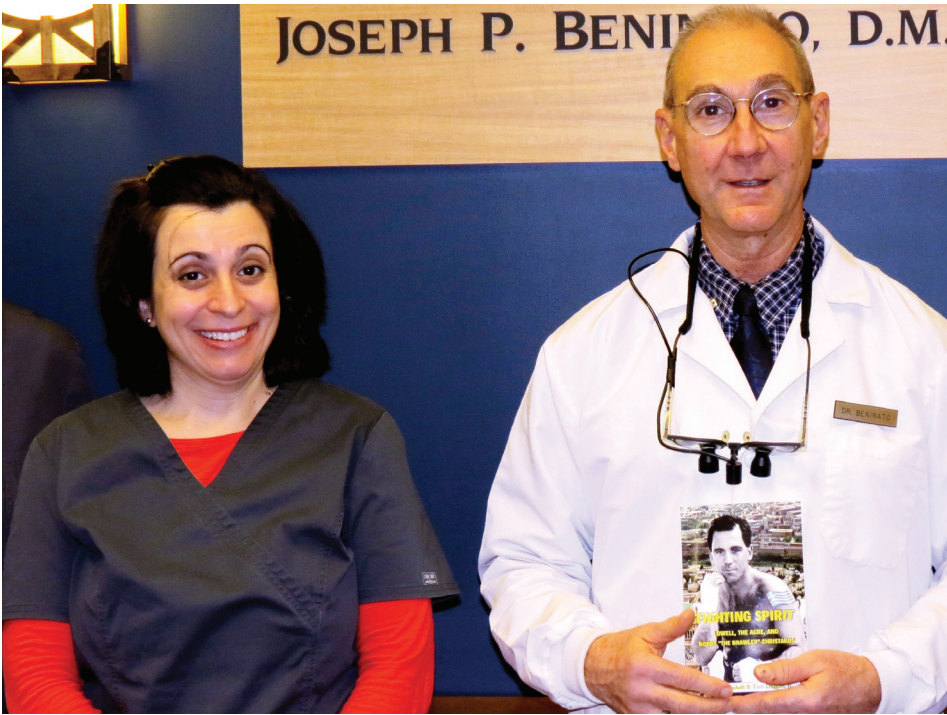
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Lawrence Police Officer
Tom Duggan, Sr.



Killed in the line of duty
March 16, 1990

It's not how they died that makes them heroes, but how they lived



Doctors Vaso Patsi hatzigiannis and Joseph Beninato of Riverwalk Dental at Sal's Riverwalk with their copy of "Fighting Spirit, Lowell, The Acre and Bobby 'The Brawler' Christakos." by Tim Imholt and Tom Duggan available on Amazon.



You just never know who is reading the same paper that you read! Massachusetts Governor Charlie Baker says, you are in good company!



Dracut State Representative Colleen Garry with Connie Baca Benedetto (also of Dracut) holding her citation from Massachusetts Governor Charlie Baker who made March 2015 Colorectal Cancer Awareness month in MA. It is a nationwide initiative to make all 50 states blue for March signed by President Obama.



Ethan Colon is on the left and Isaiah Ragland on the right, hold their copy of The Valley Patriot at Pizza King on Salem and Loring Street in Lawrence where you can ALWAYS get your Valley Patriot while you get lunch!

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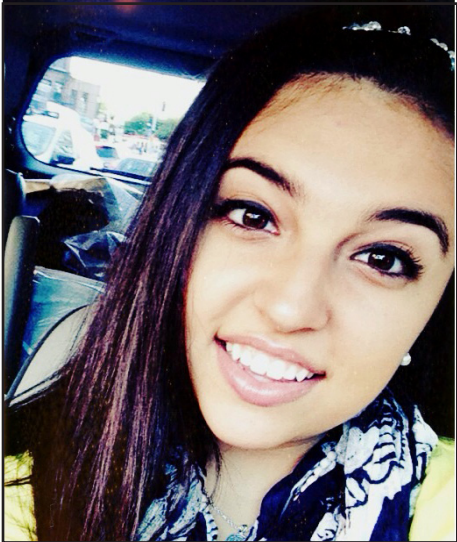
TEEN TALK WITH ANA DEBERNARDO

Blessed

The other day, I was in the car with three friends who all shared one very important thing in common with me. We were all insanely and unjustifiably blessed. Although this detail was present in the back of our minds, no one had verbally acknowledged it until that day. Amidst all the jokes and stories being told in the car, one of my friends randomly interjected, “You know what’s so weird? The four of us, in this car right now...we have really good lives. I know we’ve all struggled with minor things in the past, but we’re so blessed. There aren’t many people I can relate to this way.” And for a while, the car fell silent. For a few minutes, the four of us were just contemplating the fact that we were so happy, appreciative, and at peace with ourselves. Eventually, the silence was broken by my friend’s sister who commented, “That was deep.” And even though we playfully laughed at this comment and the grave spontaneity of her brother’s outburst, I kept repeating his words over and over in my mind. How WERE we so blessed? How had we all won biological lotteries, developed a deep and beautiful faith, AND found amazing friends in each other? For me, this was actually a haunting thought. Not because it made me feel unhappy, but because it made me feel a little guilty.

The majority of my other friends often come to me with their problems, asking for advice, comfort and consolation. I never lacked a desire to help them, but I always struggled with not being able to do enough. Hearing about their horrible situations at home and their battles with addiction evoked in me such a strong desire to help, that it kept me up most nights wondering why I was so blessed with a seemingly perfect life while some of my best friends seemed to live with all the burdens of the world on their shoulders. It was particularly hard to exert all of my efforts and advice on them only to hear in reply, things like, “I wouldn’t expect you to understand anyway” or even, “Don’t say that to me when you have no idea what suffering is, you with your perfect house, and perfect family, and perfect life.” I’m absolutely not complaining about being under-appreciated in my efforts, but constantly hearing “no one loves me” and “I have no friends” after spending a whole night with someone on the phone assuring them of my love, can hurt.

For me, the biggest struggle is NOT being able to help. It’s not fair to me that I



get to go home to two normal parents and wake up happy every morning, while they drive around most nights just so that they don’t have to be home. I always think to myself, if only I could give them a fraction of my happiness, if only I could share an ounce of my faith, maybe then they wouldn’t be so miserable. But I can’t. It seemed like the more I prayed for them, the worse their situations became. This especially tested my faith towards the beginning of my sophomore year. I had so many people coming to me for help and venting about their lives. Of course, I wasn’t angry at this. I was glad that at least they were looking to get help and not internalizing their problems. But while part of me was honored that my friends would see some kind of light in me that would make them want my help, another part was terrified that I would let them down.

It might seem strange that I am weaving such personal stories into my column this month, but I thought that the special “11th Anniversary Edition” could benefit from a healthy reminder. Life can be really hard. It is too easy to get lulled into thinking that your dismal situation is hopeless and irreversible. The point is to take what life gives you, no matter how hard or easy, and direct them towards a greater good. A beautiful friend of mine once told me “The things we are dealt in life are the materials God gave us to become Saints.” In other words, no matter what cards we are dealt in life, it’s up to us to play them in a way that helps everybody win. If you were handed a cup that was not so attractive on the outside, but were told it contained the most delicious coffee in the world, would

TEEN: PAGE: 26

BABIES AND BRIEFCASES

AWAKEN THE GENIUS IN YOUR CHILD

Cheryl Hajjar

VALLEY PATRIOT MOMMY COLUMNIST

From a young age, we were all asked what we wanted to be when we grow up. The boys either said a policeman, or a doctor or a lawyer and the girls usually said they wanted to be nurses and mothers. Reputable callings for sure but where did they get those ideas? They certainly didn’t come up with those on their own. Society tends to emphasize what professions are accepted and which ones are not. It is every parents dream for their child is to grow up, go to med school, get a great job as a doctor, marry, have a family and lead a fulfilled life. But who’s dream is it? and who says it will be fulfilling either?

As a parent of a tween, I see so many children being pushed into certain sports or activities just because their parents want them to pursue it. The “stage” mom, the pop warner “football coach”, both of whom are living vicariously through their child sometimes don’t even realize what they are doing. Believe it or not, often times the child is doing the activity just to fit in , or seek approval of the parent. My son for example is physically built for football. Both his size and his strength for such a young boy was a coaches dream. His father, a former player himself was over the moon when he decided to play football. There was only one problem however. His heart wasn’t in it. He played to impress everyone around him because he was influenced by peer pressure until one day he sat next to me and told me that he didn’t want to play football anymore because he didn’t want to hurt other kids. My gentle giant was brave enough to say what he felt. I wasn’t going to push my child into doing something that he didn’t have a passion for. Although both the coaches and his father were devastated, letting my son make his own decisions allowed him to feel heard and me to not lose sleep at night.

Nothing was more impressive and tear jerking at the Oscars last month than Graham Moore’s acceptance speech, the American screenwriter of The Imitation Game, when he stood at the podium and confessed about trying to commit suicide at the age of 16 because he felt that he was different. What an amazing message for all of us to hear. If it wasn’t for



him choosing a different path in life, he wouldn’t have achieved his genius like he has. So how do we encourage our own children to explore their talents and differences?

The first thing we can do is to let your child discover their own interests. Pay attention to the activities they choose. By giving them free time play, it can tell you a lot about where their talents are. Give your child permission to make mistakes. By expecting them to do things perfectly, they will never take the risks necessary to develop or discover a gift. Don’t pressure your child to learn but rather encourage special lessons everyday in the hope of developing their gifts. Sharing your work life is a way of exposing your child to images of success. If you allow them to see you engaging in meaningful activities, it can spark their own passions. Make time for reading, music and talking about their interests and always encourage their creative stories.

Other things you can do is allow your child to participate in community activities that interest them. Town fairs, carnivals or sheep shearing festivals are great activities to awaken their brains. Thinking of your home as a learning place is another way to ignite your child’s genius. Cooking for example is one way to encourage creativity and teach them simple math and science methods simultaneously. Honor your childrens’ creations and awards. Have a designated place for paintings, drawings and trophies will help secure their self worth and esteem. Doing things within your children in their area of interest is a good way to engage with your child. This will show your them that

HAJJAR: PAGE: 27

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An Interview with Methuen’s Brittany Baldi

MTV’s Brittany Baldi took time out of her busy schedule doing reality television shows and all her other projects to talk with Valley Patriot publisher and Paying Attention Radio! host, Tom Duggan, who broadcasts his show on 980WCAP in Lowell. The Methuen native had already shot her final appearance on MTV’s Battle of the Ex’s 2 but it had not yet aired at the time of the interview last month.

Duggan: Brittany Baldi is in a couple of new shows. Currently, she is on a new show MTV Battle of the Exes. You have lasted longer than most people ever expected; can you talk a little bit about the show?

Brittany: “Yeah, sure. Me being a rookie actually, on the TV show was such an amazing experience. I grew up watching it, as did probably most of the people in this area, and even all across the world. The show is aired in a ton of different countries. And believe it or not, I did not expect to last this long either, and a lot of people that I talk to are like, “Oh my god, as a rookie you lasted so long!” or maybe I won and people don’t even know yet.

So, honestly, my experience was so incredible. I got to live in Panama for about 45 days, and the amount of crazy experiences that I had out there ... what you see on TV is not even half of the battle. It was so intense. Like that first challenge for example, I was walking across those [high rise] buildings on tightropes!

That is something that I will never be able to experience ever again. The most wild part about that, I was telling my parents last night, is that one day my kids are going to watch this and [say] “Oh my god, Mom, you’re psychotic! What were you thinking while you doing this?”

Duggan: So you started off with MTV’s Are You The One. That’s when America fell in love with Brittany Baldi. From there, you are now doing two reality TV shows. You’re not just doing MTV’s Battle of the Exes, you’re doing another TV show that is kind of like Talking Dead (the show after The Walking Dead where they talk about what happened in the episode). Can you talk about that?

Brittany: “I’m obviously from the Boston area. I grew up in New England my whole life. Recently, I moved to Los Angeles. I love it out there. There’s no snow, no snowflakes in sight, believe it or not.

(EDITORS NOTE: We didn’t appreciate the gloating over the weather.)

And I’m out there trying to pursue my career in TV hosting. I actually started out with Maria Menounos’ company. She owns a company out there called After Buzz TV. It’s a great studio. We get to go in there, and the whole premise of that station is: they take a bunch of different TV shows and they have after show

[discussions].

So ... people get to watch [shows] like The Walking Dead. The Challenge is actually one of the shows that they cover, and we as hosts go in there and do an after-show wrap up. It’s kind of like what they do with sports ... we go in there and break down all of the different characters and talk about what happened, episode by episode. It’s really great for the viewer. It’s actually done by podcast so you can listen to it live, you can watch it live online, or we have it up on YouTube afterwards.”

Duggan: Now, what made you want to do this? I know that every kid wants to be on TV but you didn’t just want to do something, you went out and you did it. You went to all these auditions; you have put in the work. Now, you’ve come as a rookie on this show and you’ve outlasted almost everybody. I mean, you are up there doing things most guys I know can’t do. Give us a preview. What happens from here?

Brittany: “Although I can’t tell you too much information about what’s to come next, because the last episode kind just ended with a cliffhanger almost ... it’s Adam and I battling it out in the dome with Riley. It’s really intense competition, and at this point, this is my first time going into elimination and literally, the episode ends with us about to either win or lose this elimination.

Adam and Riley both, literally jump up and try to grab the bell and no one knows who wins yet. It’s a great cliffhanger and I’m excited for viewers to watch next Tuesday.

As far as me and my career ... this actually all happened by fate I guess, and chance. I was in college and someone asked me to do a modeling shoot. I did that, put up the photos online and then people started asking me to do things such as promotional modeling, photographs for Barstool Sports (which I’m sure a lot of you guys are familiar with). I’ve been on magazine and book covers and what not.

And then I started with TV. My first reality TV show was back in 2010 for MTV called Is She Really Going Out With Him. Then I got another TV show with Rob Gronkowski on Fox. It was called “The Choice”, which is kind of like the TV show “The Voice” only it was another dating show.

That was really interesting and then I did “Are You The One” and everything’s been a big snowball factor. I’m doing TV hosting and that’s ultimately what my major career goal is. I would love to do TV hosting full time and I’m sure that I’ll get there at some point.”

Paying Attention! with Tom Duggan airs on 980WCAP in Lowell and can be heard on 980AM or www.980wcap.com from 10-

TV TALK WITH BILL CUSHING



Better Call Saul: A Worthy Spinoff To A Classic Series

Bill Cushing
VALLEY PATRIOT TV COLUMNIST



Television spinoffs are risky projects. But when you are creating a spinoff to the greatest drama series of all time, it makes it even riskier. When I first heard of the plans of a Breaking Bad spinoff featuring Bob Odenkirk’s character, Saul Goodman, I was highly skeptical. I was going to give it a chance, of course, but my hopes of it being a good show, nevermind anything close to Breaking Bad, were very low. But I will admit, I am very pleasantly surprised so far.

This Breaking Bad prequel series takes place 6 years before Saul meets Walter White. Saul is shown in his early days as struggling attorney James McGill. McGill is a small-time lawyer who cannot seem to catch a break. He is getting minimal wages by the courthouse to take on cases that are seemingly unwinnable. He spends most of his time trying to con potential clients into hiring him as their lawyer.

So far, the show has been a slow burn, which is how creator Vince Gilligan wants it. The slowness creates the tension that Gilligan wants. The story shifts from scene to scene slowly, but the show is so interesting, that it is almost hard to notice the sluggish pace. The pilot was methodically slow-paced, but ended with a great cliffhanger setting up a tremendous second episode.

Fans that are familiar with Saul’s character might think that Better Call Saul is a comedy. This is not the case at all, while there are some comedic moments; this show is a drama all the way. Breaking Bad fans will love the opening to the se-

ries, as we get a glimpse of what became of Saul after the events of Breaking Bad ended. Throughout the first few episodes we also get to see some familiar faces, and there will be more to come.

Saul is a very different character in this show than fans are used to, so far. He is a much more serious and nervous man in this role compared to the confident, laid back guy he was in Breaking Bad. Gilligan and co-creator Peter Gould said, in the press notes for Better Call Saul, “We’re telling a different story here — one with its own rhythm, its own look, its own tone...Jimmy’s not yet Saul Goodman: he’s his own man, and he’s messy and struggling to still find himself. One day he’ll transform into Albuquerque’s favorite criminal lawyer, but right now he’s more or less a law-abiding underdog at the bottom rung of the legal system.”

Don’t get me wrong, the show will never be the masterpiece that Breaking Bad was, it’s just not possible. But Gilligan appears to have hit on something here. More great characters with gripping stories, coming from great writers. The interesting question with Better Call Saul is what happened to Jimmy McGill that forced him to transform himself into the ruthless, hardened, Saul Goodman? This series will explore that transformation, and I for one can’t wait to see that story unfold.

Better Call Saul is highly recommended and airs Monday nights at 10 on AMC.

Do you have any questions about TV? Email me at BillsTVTalk@gmail.com. I will answer all of your questions and will feature some of the questions I receive in a future column.

Follow Bill on Twitter @TVNewsandNotes and on Facebook at TVNewsandNotes for daily up-to-the-minute TV news and discussion.

www.tvnewsandnotes.com

Long before I ever ran for office I was a loyal reader of The Valley Patriot. As the Lawrence City Council President, and now a State Representative, I find it vital to keeping up with what’s going on in my district. Tommy, Ralph and Chuck, Congratulations on hitting yet another milestone, your 11TH ANNIVERSARY!

Here’s hoping for many more!

Frank Moran reading The Valley Patriot in 2004



HAPPY 11TH ANNIVERSARY!
FRANK MORAN
STATE REPRESENTATIVE



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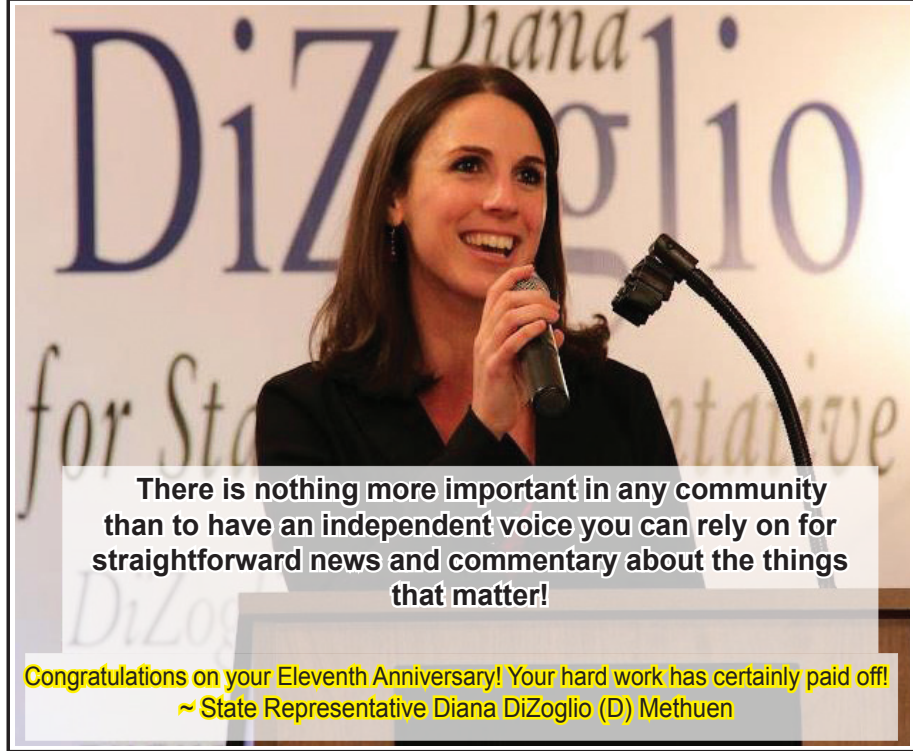
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Congratulations on your Eleventh Anniversary! Your hard work has certainly paid off!
~ State Representative Diana DiZoglio (D) Methuen

**I Remember how they Laughed
11 Years and 137 Editions Ago**

I REMEMBER SO WELL ...

I remember when the very first edition of The Valley Patriot was delivered to my office in Lawrence City Hall back in 2004. I had never seen anything like it. It was a breath of fresh air for free speech in the Lawrence area! Tom, you and your team have come a long way since those days, you ought to be proud!

I also remember taking my share of criticism in the pages of this newspaper, but it was always fair and never personal.

Mostly, I remember when you first unveiled your vision for standards in journalism, how you were laughed at and mocked by the political insiders and the newspaper industry.

**CONGRATULATIONS
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Mike Sullivan



(Then) Lawrence Mayor Mike Sullivan in July of 2005 at the placement of our very first newspaper box on Mt. Vernon St. in Lawrence.



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ALEX VISPOLI

ANDOVER SELECTMAN

AlexVispoli.com

When Teachers are Bullied, Do Teachers Unions Care?

Do teachers' unions really care about the teachers they are responsible for protecting and defending?

It seems like every time I see a story about teachers unions they are always painted, and painting themselves, as caring about "the children" and "unwavering" defenders of teachers who are bullied by savage administrators and superintendents.

Meet Lawrence Public Schools teacher, Brenda Sudol-Kirwin.

For the last several months, I have been researching her case and how she was unmercifully targeted and bullied by her school principal (and administrators) to the point of a near nervous breakdown and continued psychological problems.

It's a very complicated case, but to boil one part of it down for you in advance of next month's story, Sudol-Kirwin was bullied to the point of going out on medical leave, and then had to fight for sick time and medical benefits.

Documents from her many doctors say she exhibits symptoms of PTSD and other psychological issues as the result of her being bullied.

She says that because the principal



Paying Attention!

WITH TOM DUGGAN

of her school was politically connected and had targeted her, several administrators went on a campaign to destroy her professional career and deny her benefits. An arbitrator did find in Sudol Kirwin's favor ordering the Lawrence Public Schools to pay her for accrued sick time, as well as pay all her medical bills.

But shortly after the City of Lawrence finally paid up, they sent her a termination notice ... while she is still being treated for her PTSD.

I asked her what Frank McLaughlin, the Lawrence Teachers Union President, had to say about all this. Her answer was stunning.

"They are refusing to represent me on my appeal. It's that simple. They have barely done anything for me and my case since day one."

But, I wasn't born yesterday and I'm not in the habit of just believing

everything people tell me. So, I asked her for some proof. Minutes later, an email popped up in my inbox from Joe Lettiere, attorney for the Lawrence Teacher's Union, which reads:

"... with respect to your request, Ms. Sudol-Kirwin, that the Lawrence Teachers Union provide representation to you in appealing LPS' decision to terminate your employment, the Union has asked me to respond on its behalf that it respectfully declines to do so.

As you know, of course, your right to appeal that decision arises under state law, rather than from the Union's collective bargaining agreement, and is thus a right which is personal to you. Therefore you may certainly proceed with such an appeal either on your own or by engaging the services of private counsel.

Thank you. Joseph R. Lettiere, Associate Counsel, AFT Massachusetts, Local 8019."

In other words, kiss off.
We emailed Atty. Lettiere asking why the teachers' union chooses not to help Sudol-Kirwin. They also told me to kiss off. "The Union cannot comment on this matter."

Given the preaching and pandering we hear from public school officials about bullying in the schools, I just find it bizarre that it's the school administrators and a principal who were themselves the bullies in the case of Brenda Sudol-Kirwin. It's also somewhat revealing to find that the teachers union built into their own member's contract, a provision that let's them bail out when teachers appeal termination while still being treated for their injury.

You see, teachers unions do not care about protecting teachers, educating children, or defending those in need of benefits.

What they care about is making money, maintaining their power, creating a false media image of what they are and what they do, all the while hanging teachers out to dry who are themselves the victims of bullying.
valleypatriot@aol.com

D'AMORE FROM PAGE 17

ring theme. The memory of the Boston Marathon bombings remains, still an open wound. Countless lives have been permanently altered by events driven by hatred, and yet the response is always the same.

The rallies, vigils and conventions of worship assert the notion that humanity, even while under perpetual assault by the heavily armed is remarkably resilient. Humanity has the capacity to re-generate through solidarity of purpose. Perhaps the ability for rapid renewal is an innate mechanism to perpetuate survival.

So with a backdrop of collective defiance, survival is the central issue. That is, survival of not just humans in the physical form but of their thoughts. Though bullets and fire can destroy the creator of words and images, once those words and images emanate from the creator's pen, keyboard, paint brush or artist's chalk the expression is irrevocably etched in the collective consciousness and cannot be censored.

It becomes therefore inconsequential

what happens to the creator afterward. That a society can preserve and perpetuate the thoughts of a departed is in essence at the very core of democratic freedom. Under these conditions tolerance is bolstered. Once tolerance is widely accepted society distinguishes itself in contrast to those social orders that reject it and therefore descend into anarchy.

The people that killed those who offended them were moved by a version of religious principles that have no precedent in the very religion they cite as the rationale for their actions. All they had to do was to assimilate to the teachings of the Quran more comprehensively and especially the words of their prophet: "God will not show mercy to those who did not show mercy to others."

Freedom reigns in the world because of the courage of conviction of the few whose thoughts are preserved in a world that weighs tolerance more heavily than those who embrace darkness and death.

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THE DOCTOR IS IN!

Vaccination and the Politics of Fear

Dr. Frank MacMillan, MD
VALLEY PATRIOT MEDICAL COLUMNIST

Something as important as the health of the nation should be based on good science and not influenced by manufactured fear or be politicized. Politics and debate are tools to decide and prioritize things like how much to spend on a road or bridge, or whether to go to war or fund public education. There are however, public purposes like health that should be based on science, not politics. Science is best applied to things that can be measured, observed and tested using scientific method. Science must therefore be consistent, transparent and reproducible.

I bring up the matter of science because we live in a world that is rich in the fruits of science and technology, yet many of us have a limited understanding of what science really is. Despite near universal literacy, we seem to have trouble telling the difference between what is science and what is belief. A quick look back in history can be helpful in showing how scientific method moved us forward into the modern world and out of the dark ages.

Access to clean water is one of the most important advances in public health in the history of humanity. Dr. John Snow, in mid-nineteenth century England came to believe the cholera epidemics that repeatedly devastated Victorian London came from contaminated water. The prevailing wisdom was that the spread the disease was caused by toxic vapors. Dr. Snow, using scientific method, created a map, plotted the disease occurrences on it, and noted they overlapped with the ground water system. He then tested his hypothesis by removing the handle of the Broad St pump and singlehandedly stopped the cholera epidemic. He is rightfully considered to be the father of modern public health.

Another historic example is Edward Jenner, who observed at the end of the 18th Century that milkmaids who were infected with cowpox did not get smallpox, which was a devastating and often fatal disease with high contagion. Dr. Jenner's observation and insight led him to intentionally inoculate subjects with cowpox in 1798, and proved that they did not get smallpox when exposed to the disease, the first "vaccination", derived from Variolae vaccinae, a Latin name, literally "pox of the cow."

Science has improved our public health and quality of life in so many ways, no more so than in the understanding, prevention and treatment of infectious diseases. Natural cases of smallpox have been eradicated for over a generation. Poliomyelitis has been eradicated in the developed world



and only persists in remote war torn areas where there is poor access and understanding of the benefits of vaccination. Measles had been largely eradicated in the United States. In fact, until a few years ago, many younger physicians had never seen a real live case.

Recently, many parents have chosen not to vaccinate their children because of inaccurate and misinformed overestimation of the risks of vaccination. The now famous story of of Dr. Andrew Wakefield and the false association of MMR (measles, mumps and rubella) vaccine and autism is a cautionary tale. Dr. Wakefield published an article in the prestigious British medical journal Lancet claiming an association between MMR vaccine and autism. Dr. Wakefield's coauthors withdrew their names and the Lancet retracted the original article when they found that he had accepted compensation from a law firm intending to bring a lawsuit against the vaccine manufacturer. On further review of the original data by the CDC and others, it is widely believed that the data were manipulated to show an association not supported by the evidence.

The damage Dr. Wakefield had done to public health continues due to accumulate worldwide because the public does not have confidence that the scientific community is telling the truth. Science has become politicized and this is a very dangerous. Pay very close attention when you are told that the science is settled on any question that can be addressed by science. A key part of the scientific method is reproducibility of results. If the conclusion cannot stand this scrutiny, then it must be rejected.

Otherwise rational parents are making a choice to not vaccinate their children because of fear, based on discredited junk. These parents have no personal experience on how devastating these diseases can be for some children. While measles may not severely affect older children, it is highly contagious and it can kill up to one third of children under the age of one year. Vaccinating all children protects very young and vulnerable children who are at the most

DR. FRANK: PAGE 32

The Massachusetts Board of Medicine Cares Not About the Commonwealth's Opiate Crisis Plan

Bharani Padmanabhan, MD
MEDICAL CORRUPTION COLUMNIST

Both Governor Baker and Attorney General Maura Healey have issued strong statements declaring a concerted focus on this state's opiate crisis. This focus is not shared by the Massachusetts Board of Registration in Medicine, however.

In recent litigation at the Board, it became very obvious that a certain physician violated the law passed in response to the state's opiate crisis and then lied about it under oath on his license renewal application. This physician then went further and lied about both under oath at a Board hearing, not once but thrice.

We are instantly reminded of John Dean, counting with his fingers the number of times he knowingly perjured himself to Congress. One, two, three, four, five ... He later served four months as a Federal prisoner.

Which makes it all the more astounding that instead of prosecuting this physician for lying on his license application, and for deliberately violating a law passed specifically to help combat this state's opiate crisis, this state's Board of Medicine has gone to bat for him.

Yes, the state Board of Medicine is trying hard to shield this physician from the law, both in terms of perjury and by not taking action themselves about the false license application.

The Board's lawyer in fact has gone so far as to declare that the physician's violations are but a trifle and that evidence of the lie is of "little probative value." John Dean and Chuck Colson should have been as lucky.

Physicians have been given a pass before, of course, by people we tax payers

pay to evenly enforce the law. We've seen Dr. Sid Gilman simply walk in a notorious insider trading case that made him a ton of money and sent others to prison.

More recently, we have the case of Dr. Robert Taub at Columbia in New York who astonishingly received a non-prosecution agreement despite dancing the quid pro quo tango with New York House Speaker Sheldon Silver for years and having corruptly received almost \$1 million in public tax money and a job for his son in return.

The money came from a secret pool of tax dollars that the Speaker controlled at the House with no controls or accounts. Silver is being prosecuted for the deal that got Dr. Taub the money, but Dr. Taub will walk.

The one thing we can say about a non-prosecution agreement however, is that it at least acknowledges that the person broke the law.

The case at the Board of Medicine however is much worse in that it is beyond granting a non-prosecution agreement. Here we have a Government Board actively shielding a law-breaker from the law. And it has done so in flagrant opposition to publicly declared statements by both the Governor and the Attorney General, as well as a law passed by the Legislature.

People have declared the MBTA to be rogue and beyond control.

The Massachusetts Board of Registration in Medicine clearly puts the MBTA to shame in that department.

Bharani Padmanabhan MD PhD is a neurologist who specialises in multiple sclerosis in the Boston area. scleroplex@gmail.com.

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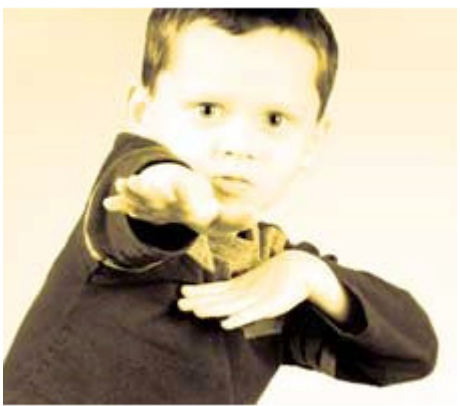
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ADD/ADHD & Other Learning Disabilities

Dr. Jin Sung
VALLEY PATRIOT COLUMNIST

Most people view Attention Deficit Disorder (ADD), Attention Deficit and Hyperactivity Disorder (ADHD), hyperactivity and learning disabilities as behavioral problems or psychological issues. However, these disorders are actually a complex net of neurological, immunological and nutritional problems.

ADD, ADHD, hyperactivity disorders, etc. are just labels, and not good ones. They put expectations on a child that they often will live up or down to. Traditional diagnoses of ADD and ADHD are understandable, but they do not tell us what to do to find the mechanism of the child's "behavioral" problem, in order to balance, improve and or correct it.



The "behavioral problems" stem from neurological and metabolic imbalances. It is not that these are socially dysfunctional children, per se. Their behavior is a result of multiple "functional" imbalances. The latest research is clear on what causes most "behavioral problems" and that is an electrical imbalance between the two sides of the brain. This is called the Functional Disconnection Syndrome (FDS). Here's how it works. The brain has two completely different sides with completely different functions, which need to be coordinated for the whole brain to work in a balanced fashion. These two sides of the brain must fire at an equal frequency for us (humans) to be "normal." If one side fires less than the other (due to trauma, severe emotional stresses, virus, infections, inflammations, etc.) then that part of the brain will express less function and less ability to express itself.

In many (not all) behavioral children, the right side of the brain is deficient. The right side of the brain houses our social skills, likes soft music and sounds, houses the stop mechanism of our brain, is the "sad" side of our brain, controls body awareness, concentration and self-control. The left side of this child's brain likes rote memorization; it's where our "academic" skills reside, likes loud noises, flickering

lights (think computer, TV, etc.), likes sameness, or doing things over and over again. This is a very minimal description of the cerebral hemisphere functions, but it should serve to educate in this scenario.

Going back to the Functional Disconnection Syndrome, we can see very quickly what happens in the ADD, ADHD, learning and behavioral disabled child. Something occurs to cause the brain to "disconnect" the wiring between the two brain hemispheres and in this example, the right brain becomes weakened and not working very well and the left-brain becomes dominant. This produces a child who likes TV, video games, computers and all things loud (left brain). They interrupt, due to the right-sided weakened social skills. They "perseverate," do the same things over and over again (left brain). They like routines, rituals (left brain). They have a good memory (left brain) usually they have poor social skills (weak right brain), poor body awareness (weak right brain) cannot concentrate (right brain) have tantrums (right brain) and cannot control themselves. This is the ADD, ADHD and frankly OCD, Asperger's and Autistic brain patterns.

This is the hallmark of learning disabilities and "behavioral problems." It is a brain that is functionally disconnected, or out of balance. Coordination and balance are key in functional recovery. The bottom line remains; one side of the brain becomes very dominant, the other neglected. Over time if the FDS is not corrected, the neglected side (the weak side) almost never gets better on its own. In fact many times it gets worse.


Modern understanding of the neurology of the brain and the metabolic imbalances that trigger and drive imbalances and prevent them from correcting themselves are well understood, as are the specific individualized nondrug methods for their correction. Unfortunately, very few practitioners utilizing the current models of care have ever heard of the syndrome, know how to recognize it or how to treat it successfully. Finding a practitioner with a background in functional neurology and metabolic work is the first step toward a successful recovery.

References:

1. Gazzaniga, Michael. The Cognitive Neurosciences. MIT Press, 1994.
2. Melillo, Dr. Robert. Disconnected Kids. Perigee Trade, January 2010

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MANCHESTER: FROM PAGE 14

kid frowning! Not only do we have minor league hockey, we have a minor league baseball stadium that hosts the hometown Manchester Fisher Cats! These family oriented events are fun for the whole family with contests for kids and adults! There are activities and pictures with mascots and my favorite: the dance contests! I am 21 and still have a blast at these events. Tickets (depending on seats) can be affordable.

7. MCINTYRE SKI AREA. Ok, not summer material but there are two vacations in the winter that make this relevant! Skiing, tubing, sledding, lessons, you name it, they have it for winter fun. They have a cozy little cottage for refreshments and to warm up! They offer classes and birthday parties, or if you just want to go for a fun little trip, it is conveniently located right off of Mammoth Road in Manchester!

6. ICE CREAM!!! My favorite subject ... I could talk about it forever. I am a huge ice cream fan, if anyone reads my Facebook, I get it at least twice a week. Manchester offers some of the best ice cream around. Golden Rods located in the east end of Manchester right on the Auburn border is homemade ice cream with dozens of flavors. With its close proximity to Massabesic Lake, grab an ice cream and go sit by the water! Also, more towards the middle city is Cremeland ,which is another ice cream stand that has homemade ice cream and fried dough. For that old time feeling, this place is great! We have restaurants that offer plenty of flavors like Blakes Restaurants and The Puritan (all of which make their own ice cream). When you're done with the Puritan, you can go to...

5. LIVINGSTON PARK. The beautiful park is located directly across the street from the Puritan and is super clean! It has a pool (with an awesome water slide). There is a little kiddie area of the pool, and its deepest area is 8 feet. If you get tired of swimming or it isn't your thing, then they have a soccer field, play equipment (swings, slides, monkeybars, etc), and a path around Livingston Pond that is adventurous and fun! I like to get ice cream then walk this path. One of the greatest perks- IT'S FREE! YAY!

4. "YOU'RE FIRED" is a cute little place where you pick out ceramics and paint them. The workers put them in a kiln and a week later, you have a great new decorative piece! They have many items to choose from including plates, jewelry holders, vases, wall items, etc. The staff is friendly, and a great way to let your kid's creativity flow through them! People that aren't artsy might not be the most thrilled when they hear the idea, but once they get there it is easy to get into. I am not one that can even draw a stick figure and I had a great time! You may want to check prices if you are on a certain budget, but it still is in the affordable range.

3. SEE SCIENCE CENTER. Located in the mill buildings of Manchester, there is a day full of activities here. At only \$8 a person, it is relatively cheap entertainment. I remember going on a field trip and all my friends who HATED science loved it. There are so many hands on activities, and it's encouraged to touch things and play there. Activities are also highly encouraged and there are exhibits for all ages! To this

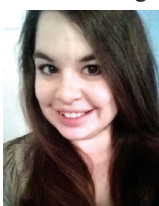
day, it is one of my favorite places to go. With a two-floor museum and a thirst for knowledge, any kid can have a great time!

2. AMOSKEAG FISHWAYS., Located at the Amoskeag rotary and artnering with Public Service of New Hampshire (PSNH), the fishways is an incredible experience that allows you to understand the importance of water, the river, and electricity. If visiting in May and June, you get to see the migration of fish that include sea lamprey and other river fishes. You learn about the damn, the waterfall, river wildlife, river ecology, electricity, hydro and solar power, fish biology, urban wildlife, survival skills, Native Americans, and more. It is a WONDERFUL chance to learn about your local wildlife and is quite engaging!

1. MUSEUMS. Manchester is filled with them. The one I am going to highlight is the Currier Art Gallery, but there are plenty more to offer. The Currier Art Gallery is a wonderful place to look at art and history at the same time. There are paintings, sculptures, and other forms of art that can please anyone. While this is the most famous art gallery around, there are plenty others to satisfy your tastes. There are Millyard Museums (focusing on the Millyard history), Native American Museum that focuses on the New Hampshire Native Abenaki Indians that founded the land and prepared to be what it was. There is a Lego Museum, and the Children's Museum. So much is to be learned about the history of Manchester and New Hampshire. Part of the reason this is so high is because all the museums are family friendly, and offer tours for people of all ages. The younger ones can find solace in doing hands-on projects while the older kids get to understand things at their level. Fun and Knowledge for the whole family!

BONUS: Writing this list out, I wanted to include something, but I feel that this isn't something exclusive to Manchester. The City Library is an architecturally brilliant building that is multi-levels of books and knowledge! There is a whole floor dedicated to children's books and activities. They have movie showings, special guest readers, and other activities the kids will love. Reading is such a fundamental part of a child and there is no better place to learn about alternate worlds than a library. The city library is incredible, but always remember to visit your local library, and bring the kids! Also, don't forget to help donate to libraries to keep children reading, and to help supply the poverty stricken kids with books!

Not all children want to go see art pieces, or want to paint a piece of clay. However, there are plenty of things to do for any personality type. Kids don't always learn the same way, but if you engage them, and try out some of these places, there is so much to learn without being in a classroom, and so much fun to have without being on a cellphone!



Justess Jacobson resides in Manchester NH, has a degree in communications, is now studying to be a juvenile probation officer and works at a local hospital as a nutrition assistant.

You can email Justess at Justessjacobson@yahoo.com

JESSICA: FROM PAGE 13

In a sudden turn of events, Mayor Zanni and the Council announced they had an alternative funding proposal dubbed "The 7 Point Stadium Financing Plan," which passed in a 7-2 vote. Councillors Marsan and Atkinson were added to the list of supporters Monday after working with the Mayor's Office on this new plan. Councillors Grayton and Kazanjian voted no to both plans. The 7 point plan covers the same \$4.6 million dollar renovations, but includes additional sources of funds in the next 15 years, including \$10,000/year from the City Recreation budget, rental fees, billboards, using meal tax stabilization funds, and advertising.

CELEBRATIONS, FUNDRAISING BEGINS: Supporters congratulated each other in the halls, then continued the celebration at Bada Bing's Pizza. MAIC President Steve Saba is comfortable with the new funding solution, "Methuen goes above and beyond as a community for our sports teams, and from the beginning we knew it was up to us to explain to coun-

cillors why we needed to fund the entire project...The public outreach helped them to take this very seriously, and start asking the right questions. In a few days we are getting right back to work, we will move forward with this momentum and start fundraising right away." Supporters were appreciative of the last minute compromise. The project is expected to be completed this fall.

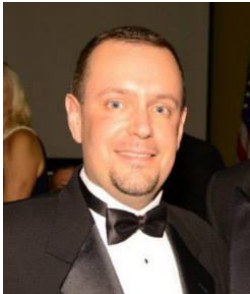
Donations made payable to "MAIC" can be mailed to: 190 Haverhill Street Box #348 Methuen, MA 01844. For more updates go to methuenaic.com or "Like" the MAIC on Facebook.

Jessica Finocchiaro is Vice Chair of the Gr. Lawrence Technical School representing Methuen, and serves on various community boards in the Merrimack Valley and statewide. She holds Masters of Government and Public Administration, both from Suffolk University. Jessica can be reached via phone at (978) 566-1786, online at JessicaForMethuen.com, Facebook/Twitter: @JessFinocchiaro.

TEEN TALK: FROM PAGE 20

you be focused on the quality of the cup or the coffee? Similarly, what is the point of complaining about the stressful or rotten conditions we are put in, when we could just as easily enjoy the amusement ride called life?

I'm not going to lie and say that the problems my friends were facing have totally been resolved. But I can say that the ones who transformed their negative mindsets into positive ones found hope in miraculous ways.



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~John MacDonald



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MURANO: FROM PAGE 16

cidal-suicidal tendency which is fostered by unforgiveness that unites terrorism and secularism in spirit. They both need each other to defeat their cure, like the cancer patient determined to kill the doctor that can save him.

To conclude, forgiveness is necessary for peace on both the individual and socio-political levels, but it requires faith, humility, and openness to grace. Without it, “you are dust and to dust you shall return.”



Paul Murano teaches philosophy at North Shore Community College and Middlesex Community college, hosts “Beneath the Surface” radio on Monday nights 9-11pm, and co-hosts the Paying Attention! radio program with Tom Duggan, both on WCAP 980AM. Paul serves on the board of Heartbeat Pregnancy Help in Burlington, and is a singer/songwriter/musician. Email Paul at PJDM@aol.com.

HAJJAR: FROM PAGE 20

you are encouraging them to pursue what they love. Setting aside time for your child to express their feelings about their day at school, or something that might have occurred at an activity or while they were even hanging out with their friends is key. Having open lines of communication with your child at a young age will set the stage for a great relationship as they get older and the more challenging topics arise.


Encourage your children to be unique,

to walk a different path and embrace their passions. The late Steve Jobs in his famous quote said it best, “Heres to the crazy ones. The misfits. The rebels. The troublemakers. The round pegs in the square holes. The ones who see things differently. And while some may see them as the crazy ones, we see genius. Because the people who are crazy enough to think they can change the world, are the ones who usually do.”

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Volume 1, Issue 1

March 2004

16 Pages

Valley Patriot Exclusive!

School Committee Bills Taxpayers for Fine Dining

Tom Duggan

For the past three years members of the Lawrence School Committee have been billing the taxpayers for plush dining at the city's most expensive restaurant: One Mill Street.

Then School Committeemen Noah Shannon, Pedro Arce, Suzanne Piscitello, Nancy Kennedy and current member George Gonzalez all dined with Superintendent Wilfredo Laboy and his staff after school board meetings running up tabs worth over \$1,200.00.

Documents obtained by The Valley Patriot show that state taxpayers treated members of the Lawrence School Committee to more than a dozen expensive meals between 2001-2003.

Meal reimbursement receipts show School Board members helped themselves to veal, sirloin steak, calamari, pork chops, duck, steak salad, garlic shrimp, mussels, scallops, spinach chicken, assorted appetizers and other various menu items. The meals were then billed to the Lawrence Public Schools which receives 100% of its funding from the state and federal government.

While Superintendent Laboy's \$156,000 a year contract does not include a meal allowance, he says that some of his expenses are reimbursable. "I don't have a meal allowance but it is accepted



"...the Ethics Commission should be informed about this. They should pay back every penny with interest and issue a written apology to the school children and the citizens of Lawrence."

**Michael Sweeney
Lawrence School Committee**

practice for me to be reimbursed for certain expenses as long as they are reasonable and sensible," he said.

School Committee members, on the other hand, do not have that luxury. According to the School Committee policy (B-18) "School Committee members shall receive no compensation for their services. However, upon submitting vouchers and supporting bills for expenses incurred in carrying out specific services *previously authorized* by the Committee, Committee members may be reimbursed from district funds." This never took place regarding meal receipts from One Mill Street.

Instead, some School Committee members took advantage of their position as

Continued on Page 8



Lt. Governor Kerry Healey with Maria Marasco

Andover's Marasco Campaigns for Reform

Valley Patriot Staff

Boston- State Rep. Candidate Maria Marasco (R-Andover) received a campaign boost from Lt. Governor Kerry Healey in Boston last week at her first fund raising event in preparation for her formal campaign announcement for 18th Essex State Representative. The district spans six communities, including her hometown of Andover, North Andover, Boxford, Haverhill, Methuen and Georgetown. The seat is currently held by first term incumbent Barbara L'Italien (D-Andover).

"Maria is exactly the right kind of person who will best represent her district," said Healey. "Maria has the right kind of skills to help us reshape government in an effective way," she said. Marasco supports the governor's efforts to cut waste and mismanagement in state government.

"I will stand by the Governor and Lt. Governor to make responsible reforms. As

Continued on Page 5

Smith v. Smedile for N. A. Selectman

Valley Patriot Staff



face to the voters in her bid for reelection.

Joe Edward Smith, an engineer by trade and a union Democrat, says his campaign is about open government and representing issues important to the town voters. "There is a big difference between Ms. Smedile and myself," he said. "Before the voters decide who will represent them on March 30th it is important that they know what those difference are."

"I opposed the trash transfer station and Ms. Smedile supported it." Smith also said Smedile supported leasing half the airport land adding, "the people of North Andover clearly wanted it sold off. It is important to represent the people of the town and act on their behalf." Smith says he opposes \$95,000 in raises for nonunion employees "especially at a time when we are talking about laying off fire

Continued on Page 13

Sullivan: "Absent All Auto Fraud, Insurance Rates Won't Go Down!"

Tom Duggan



"...if you call the Board of Insurance today and ask them... 'if the auto fraud goes away completely (in Lawrence), at what point will the rates go down?' They will tell you what they told me last week, they won't."

**...Lawrence Mayor,
Michael J. Sullivan**

Lawrence - Mayor Michael Sullivan says that even if police investigations are capable of eliminating all auto insurance fraud in the City of Lawrence, "auto insurance rates still won't go down."

Sullivan, touting the hard work of Police Chief John Romero and the Lawrence Police Department, said that the investigations into auto insurance fraud in Lawrence were producing startling results but added, "If you call the Board of Insurance today and ask, just for example, 'if the auto fraud goes away completely (in Lawrence) at what point will the rates go down?' What they will tell you is what they told me last week, they won't."

For years, State Legislators, previous mayors and police chiefs have been telling Lawrence residents that the high auto insurance rates in the city (the third highest in the state) are the result of insurance fraud. Sullivan says that simply isn't the case.

"What we are finding out is that, what will cause rates to go down (in Lawrence) is for the rest of the cities and towns in the state to tackle fraud in their communities as well. It would have to be a statewide effort. I think the insurance companies, years ago should have been doing the investigative work that the Lawrence police are doing this year."

Continued on page 7

Syndicated Columnists



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Thomas Sowell
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Rabbi Goldstein on "The Passion"



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2003 Police Line of Duty Deaths by Craig Floyd

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Dr. Charles Ormsby - Thinking Outside the Box

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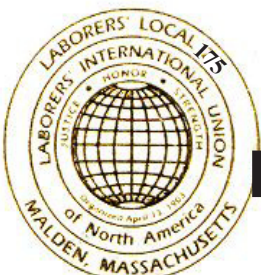
Senior News/Senior Centers

Pages 10 & 11

...for 11 Years of AMAZING News Coverage from the VERY first edition!

-Mike Gagliardi,

Local 175 Laborers' Union of North America





The LUCK of the Irish Dog Breeds

Tracey Zysk
VALLEY PATRIOT DOGGIE COLUMNIST

In honor of our patron, Saint Patrick, a holiday we all love to celebrate, and of course being a Bostonian ... let's review the list of Celtic Canines of Ireland.

Who knew there were so many breeds? Well, there are and all are adorable high energy and a bit flirtatious. Must be a trait from the homeland.

A complete list with description provided by VIP - Veterinary Pet Services: vipinsurance.com

1. GLEN OF IMAAL TERRIER: Sometimes called the Irish Glen of Imaal Terrier or the Wicklow Terrier, most owners simply call the breed "Glen." Per its namesake, the breed originates from the Glen of Imaal in County Wicklow, Ireland, where it came into existence during the reign of Elizabeth I. Bred to hunt rats, foxes, badgers and otters, the terrier is also a good herder and is known to be a quiet dog. The Glen of Imaal terrier nearly faced extinction in the late 19th century. Due to revival efforts during the early 20th century, the breed survived but is today one of the rarest dog breeds and the least-known Irish breed.

2. IRISH RED AND WHITE SETTER: Up until the late 19th century, all Irish setters were mainly red, although some setters were born with a spattering of white color and some with an entirely white coat. The breed was categorized as one until 1875, when a large amount of solid red setters were entered into a conformation dog show and gained a great deal of attention. As the popularity of the red setter increased, the quantity of red and white colored setters began to decrease, almost to the point of extinction. Breeders in Ireland have kept this little-known breed alive; today, the dogs are accomplished hunters of game birds such as quail, willow grouse, sand grouse, guinea fowl, sagehen and francolin.

3. IRISH SETTERS: A popular dog breed in the U.S., there is much speculation about the origins of the Irish setter. Its ancestry can be traced to a dog known as the setting spaniel, and crosses were made with pointers, English setters, Gordon setters and other spaniels. Though the Irish setter is not as in demand as it was at the height of its popularity in the 1970s, it is still a sought-after breed because of its exuberant personality and beautiful appearance. These dogs have an outgoing, fun-loving personality and can make excellent companions with the proper training.

4. IRISH TERRIERS: Although considered one of the oldest terrier dog breeds, the origins of the Irish terrier remain a bit of a mystery. The earliest known images of the Irish terrier appear in paintings dating

back to the 1700's, although many believe the Irish terrier's origins go back as far as two thousand years. The Irish terrier is considered a terrific family companion — good-natured with children (especially active ones), and is entertaining and playful. Irish terriers are always ready for a spirited adventure and are known to be courageous, loyal and energetic.

5. IRISH WATER SPANIEL: One of the oldest spaniel dog breeds, the Irish water spaniel is considered rare today, in terms of how many are registered. A native to Ireland going back 1,000 years, the Irish water spaniel is the subject of folklore, believed to be a descendant of the Dobhar-chú, a water hound that is a cross between a dog and an otter. The Irish water spaniel is known for its intelligence and its unusual purple-hued, curly fur coat. Also unique to the breed: its "rat like" tail, which is hairless. While the dog's body is covered in dense curls, its face is completely smooth. The Irish water spaniel is also the largest of spaniels, weighing, on average, between 55 and 65 pounds. The breed has a rugged build and webbed feet, contributing to its excellent swimming skills.

6. IRISH WOLFHOUNDS: With its large size and shaggy coat, the Irish wolfhound is a somewhat intimidating-looking dog. Don't judge a book by its cover: The Irish wolfhound has the grace and speed of a greyhound, the gentle, loyal nature of a Great Dane, and the protectiveness of a mastiff. While speculation exists that the breed was brought to Ireland by early settlers in 3500 BC, historical accounts — one written by Roman emperor Julius Caesar — describe Irish wolfhounds fighting alongside Celts in the Gallic Wars during 391 BC. What is known is that the dog was originally bred to be a war dog, and a trained guardian of homes and Irish livestock. The Irish wolfhound's speed and intelligence made it ideal for hunting, particularly wild boar and wolves, a result of which both remain extinct to this day in Ireland. As companions, the breed began living side by side with their owners and became further domesticated; today the Irish wolfhound is considered a popular family companion.

7. KERRY BEAGLE: Another Irish dog breed that nearly faced extinction: the Kerry beagle, one of Ireland's oldest hounds. Many believe this breed is a descendant of the Celtic hound, a Gaelic Irish legend depicted in artwork dating back to the 17th century. The oldest Kerry beagle pedigree can be traced back to 1794. The Kerry beagle was bred as scent hound to track game. Today, the breed is used to hunt foxes.

8. KERRY BLUE TERRIER: Sometimes called the Irish blue terrier, the Kerry blue terrier was bred to hunt rodent, rabbits, foxes, otters and badgers and herded

IRISH SETTER: PAGE 32

Fund Raiser to Save the Puppies

Kate Whitney
VALLEY PATRIOT PUPPYGIRL

It's that time again and One Tail at a Time Dog Rescue is holding its third annual comedy fundraiser to raise money for our organization. The show is slated for Saturday April 18th, at Mixx 360 in Malden where it was held last year.

We are hoping to see all our Valley Patriot readers and One Tail past adopters and volunteers there to support us!

If you cannot attend, you can always help us sell tickets or participate by making up a basket for the raffle (alcohol themed baskets were a big hit last year, as well as gift certificates to local restaurants). We will be creating a flyer for the event that we will send out soon and publish in The Valley Patriot's April edition so anyone interested can pass out and/or post to your social media accounts.

As you know we are a 100% volunteer based organization and rely on donations and fundraising in the community for our



sustainability. Please reach out to family, friends, neighbors and let's make April 18th not only a night filled with fun and laughter, but a night that will replenish our depleted funds so we can save more puppies!

If you would like to make up a basket to donate for the raffle please email me at: erika.smith@cybergrants.com or Christen at: reflectionsbychristen@hotmail.com

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Signed copies will be raffled off at the Valley Patriot BASH on March 20th - See the Ad on page 1 for details.

MIND OVER MATTER with JERRY VALLEY

How Hypnosis Can Help You Improve Your Life

JERRY VALLEY, MACP
VALLEY PATRIOT HYPNOSIS COLUMNIST

At the Valley Hypnosis Center in Methuen, Massachusetts, Tommy Vee and I have worked with thousands of clients for the past 45 years. Our results are 92% successful with a variety of improvement programs.

Here are some of our programs:
PAINLESS CHILDBIRTH
STOP SMOKING
PERMANENT WEIGHT LOSS WITH OUR GASTRIC BAND NON-SURGICAL PROCEDURE

RELAXATION AND BETTER SLEEP
STRESS REDUCTION
IMPROVE ACADEMICS & ATHLETIC ABILITY

PASSING EXAMS: LAW STUDENTS, FBI, STATE POLICE, LOCAL POLICE, FIRE FIGHTERS, COLLEGES, HIGH SCHOOLERS AND MORE

PHOBIA REMOVAL
FEAR OF FLYING
MEMORY IMPROVEMENT
GOLF IMPROVEMENT
MORE CONFIDENCE
IMPROVE SELF-ESTEEM
SALES MOTIVATION
PAIN CONTROL

PRE AND POST SURGERY PROCEDURES

ALCOHOLISM & DRUG ABUSE
LAW ENFORCEMENT ASSISTANCE

Let me explain exactly how hypnosis works. Your conscious mind works ONLY while you are awake. It is analytical, critical, makes decisions but shuts down when you are asleep.

The subconscious mind is much more powerful than the conscious mind. Researchers have made this analogy: THE CONSCIOUS MIND IS LIKE A DROP OF WATER IN THE OCEAN AND THE SUBCONSCIOUS MIND IS THE..... OCEAN! Form this point on, I will refer to the conscious mind as C and the subconscious mind as SC for convenience.

Understand that the SC is LITERAL....it does not analyze. It simply stores programs like a computer....it is a computer. For example, the SC controls your Autonomic Nervous System (ANS) which controls your heartbeat, your breathing, your eyelids going up and down, your circulatory and endocrine systems, house your memory bank, your emotions, your beliefs and so much more. It literally runs our lives.

Whenever there is a conflict between the C and SC mind, the SC wins out every time. Let me give you an example: A smoker comes to my office and states that he/she wants to stop smoking but cannot do it. He/she has tried many, many times (on a conscious level) but cannot do it and here is why: When the message drifts down to the SC mind, it says:

“YOU CAN’T STOP SMOKING BECAUSE YOU HAVE STATED MANY TIME STHAT YOU COULD NOT QUIT. ALSO, I HAVE ATTACHED PLEASURE TO SMOKING SUCH AS SMOKING WITH A CUP OF COFFEE, WITH OR AFTER A MEAL, WITH A DRINK, WATCHING TV, ON THE PHONE, IN THE CAR AND EVEN AFTER SEX.” There is a conflict between the two minds and, with the SC being much more powerful, it overrides the C every time.

What needs to be done is for the hypnotist to implant suggestions directly to the SC to destroy those assumptions and have the client see, in their mind’s eye, themselves as a happy, healthy Non-smoker now and for life. Does it work for everyone.....of course not. But it works for 92% of those smokers who make a commitment to accept and follow our suggestions.

I was featured on TV’s “20/2” with John



Stossel who made a very true statement. This was shown worldwide in the year 2000. His statement was: “THE HYPNOTIST GIVES YOU THE SUGGESTIONS BUT YOU MUST HAVE THE TRUE DESIRE FOR THE SUGGESTIONS TO WORK.”

That was the best statement anyone can make about the success, or failure, of hypnotic suggestions. Nobody knows if a client will accept or reject a suggestion....we can only rely on the results.

Initially, we give clients some preliminary experiments in order to judge their receptivity and then we make a decision as to whether that client will be successful or not in our program. Sometimes, we do not proceed with the therapy and the client is asked to leave and not charge for the visit.

Our basic premise is this: “WHEN YOU FEEL GOOD ABOUT YOUR SELF, YOU THEN MAKE GREAT DECISIONS.” Therefore, our goal is to help the client feel good and the success rate goes up. For example, this is what we tell clients to make them feel good:

“EACH MORNING BEFORE YOU GET OUT OF BED, PLEASE DO THIS... THINK ABOUT THE PEOPLE AND THINGS IN YOUR LIFE THAT MAKE YOU FEEL GOOD ABOUT YOURSELF. START WITH BEING HAPPY AND GRATEFUL TO BE ALIVE. IT DOES NOT MATTER WHAT AGE YOU ARE. THINK ABOUT ALL THE PEOPLE IN THE WORLD THAT HAVE NEVER REACHED YOUR AGE. BE HAPPY AND GRATEFUL FOR LOVED ONES IN YOUR LIFE AND PEOPLE WHO YOU LOVE. BE HAPPY AND GRATEFUL TO BE WHO YOU ARE: SPECIAL & UNIQUE.... THERE IS NOBODY IN THE WORLD EXACTLY LIKE YOU...LIKE A FINGER-PRINT. BE GRATEFUL AND HAPPY TO BE RELATIVELY HEALTHY. I DON’T KNOW ANYONE WHO IS PERFECTLY HEALTHY, SO RELATIVELY HEALTHY IS GREAT. BE HAPPY AND GRATEFUL THAT YOU CAN GET OUT OF BED, TAKE CARE OF YOURSELF, HAVE A JOB, DRIVE A CAR AND GO PLACES.... SOME PEOPLE CANNOT DO THOSE THINGS.....SO BE HAPPY AND GRATEFUL, FOR LIFE ITSELF!”

When you do that each morning, you will see each day as a joyful adventure and no matter what comes your way that day..... you will handle it. It could be the best day of your life or anything in between.

See yourself, in your mind’s eye as a calm, relaxed and happy person.

One final thought: MAKE YOUR LIFE A PLAYGROUND AND YOU WILL BE HAPPY AS A CALM, RELAXED AND CONFIDENT PERSON.

Best wishes,
Jerry Valley, MA, CI
NGH-Certified Consulting Hypnotist
978-688-6657 jerryvalley007@aol.com

SHEILA’S RECIPE CORNER

SHEILA MULLINS
VALLEY PATRIOT RECIPE COLUMNIST

As I am working on this column, it’s snowing, AGAIN!!! GRRRRR! It’s cold & miserable out & what do we all want: comfort food! I was thinking lasagna & Jerry kept asking me for chicken pot pie. So, guess what, we have both this month!



Roasted Eggplant & Portobello Lasagna

What got me going on the lasagna was the roasted eggplant dip that I’d made for a client back a bit. The technique was different than typically done but very effective at eliminating that bitterness that eggplant is so known for having. And, portobello mushrooms & yes, soybeans. This is a vegetarian lasagna, but most don’t realize it. I took this to a party I was invited to for additional testing & comments & no one realized it wasn’t a meat lasagna & some even commented on how meaty it tasted. Go figure!

- ½ package of lasagna, cooked according to package directions
- 2 lb. eggplant*
- 4 large Portobello caps**
- 32 oz. marinara sauce, your choice
- 1.5 c shredded mozzarella cheese
- ¾ c grated Fontina cheese
- ¾ c grated Parmesano Reggiano cheese
- 1 onion, diced
- 1 t each dried thyme, basil, & oregano
- 1 t salt
- ¾ t pepper
- ¾ c TVP (texturized vegetable protein AKA soy beans)
- 1 c water or vegetable stock
- 3 T olive oil
- 2 T balsamic vinegar
- 1 T each dried oregano & basil
- 1 egg
- 1 lb. part skim ricotta or low fat cottage cheese
- 2 T tomato paste
- Preheat oven to 350°F.

Prick the eggplant all over using a fork. On a baking pan, place the eggplant & roast until wilted, about 45 minutes.

Remove stems from caps, if any are attached. De-gill mushrooms & cut into ½” wide strips. Place on a baking pan, sprinkle over the balsamic vinegar & 2 T olive oil. About 15 minutes into the cooking process, place the mushroom caps in the oven & finish roasting.

In a saucepan, heat the oil & sauté onions until translucent & starting to brown; about 5-8 minutes. Add the tomato paste & continue to cook for 1-2 minutes.

Once eggplant has cooled remove from pan, skin, & squeeze all of the water out of the eggplant. Chop the remains. In a microwave proof bowl, heat the one cup of water or stock with the TVP. Into a large bowl, add the chopped eggplant, TVP, onion mixture, mushrooms, oregano, basil, salt, pepper, & marinara sauce.

In another bowl, mix well the ricotta or cottage cheese & egg.

Coat with spray oil a 9” x 13” pan. Place one layer of lasagna noodles on bottom of pan. Add the ricotta or cottage cheese mixture & smooth into pan. Place the remaining lasagna noodles in a layer on top. Take the eggplant & mushroom mixture & place on top of the lasagna noodles & spread to fill pan. Cover with

the mozzarella, fontina, & parmesano reggiano cheese. Bake in oven for 33-40 minutes or until lightly golden brown. Let stand for 7-9 minutes before cutting to serve. Makes 12 servings. This freezes beautifully for easy reheating as even better leftovers.

* & ** If you really don’t want to use the TVP, increase the size of the eggplant to 3 lb. & add 2 larger mushroom caps to the recipe. Obviously, the eggplant’s cooking time will increase accordingly & you will need to add ¾ T each of the balsamic vinegar & olive oil.



Chicken Pot Pie

As I said, because it has been so cold outside, I’ve been in the mindset of comfort food. After all, what’s better on a bitterly cold day when you have been shoveling, & shoveling, & shoveling & are starving? Some good comfort food, of course! That’s why I decided on chicken pot pie; with a twist; use some not so usual vegetables. That was the catalyst for this recipe. Yes, of course, you can substitute with whatever vegetable suit your personal taste. After all, isn’t that what cooking is all about? Making good food that you like?

- pâte brisée for 2 pie crusts or 2 purchased pie crusts
- 1 c each chopped frozen cauliflower (thawed enough to rough chop), butternut squash, & green beans
- 1-6 to 8 oz. boneless skinless chicken breast cut into ¾” cubes (or boneless skinless thighs)
- ¾ t each thyme, marjoram, & dill
- ½ t dried sage
- ½ c sour cream
- 1 c chicken stock
- 1 T butter
- 3 T flour
- 1 onion, chopped
- 1 T olive oil
- 1 t salt
- ½ t pepper
- 2-3 T milk

Preheat oven to 375°F.
Heat oil in a pan & add onion. Sauté until translucent, about 3-5 minutes. Remove & reserve.

In the same pan as the onions were cooked in, heat the butter until melted. Add the flour & cook for about 3-4 minutes or until it’s just starting to brown. Add the stock, keep stirring, & cook until thickened, about 5 minutes. Add seasonings & sour cream. Stir until well combined.

Into a 9” pie plate, place one of the pie crusts. Place chicken into pie crust. Add all vegetables. Pour the sauce into pie. Place other pie crust on top. Crimp edges to seal. Brush pie top with milk (or egg wash). Cut 6 vents into top of crust. Bake for about 35-40 minutes or until golden brown on top. Let stand for 8-10 minutes prior to cutting. Makes 8 slices. This also freezes well & reheats well in microwave.

Recipes are created by Sheila Mullins & taste tested by Jerry & Sheila Mullins. Sheila lives in Newburyport & is a personal cook, among other things. She can be reached at Sheila_A_Mullins@hotmail.com & she looks forward to hearing from you.



NOTEBOOK: FROM 11

missions. Serving on a city board is a great way to get involved and make a difference in the community. Boards include Community Development, Conservation, Elderly Affairs, Historical, Licensing, Health, Assessing, Culture, Youth-related issues, and much more. A complete list of Boards and Commissions is available at www.cityofmethuen.net. Those interested in being considered should complete and submit a Talent Bank application available on the city website or in the Mayor’s Office at 41 Pleasant St., Suite 306, Methuen, MA 01844. The Mayor’s office phone number is 978-983-8505.

HIBERNIANS - Irish Heritage Month, March in Lawrence. Preserving and Fostering our Heritage and Culture. Saturday, March 7th, - THE 144th ANNUAL SAINT PATRICK’S DAY BANQUET AND DANCE at the Lawrence Firefighters Association Reliefs’ In, One Market Street, South Lawrence, MA. Traditional Corned Beef & Cabbage Dinner with dancing to the Jolly Tinkers from 6-11pm. Awarding of the Richard Cardinal Cushing and Irishman & Irishwoman of the Year Awards. For more information please contact Robert Gauthier at 978 686-2786. Sponsored by Division 8 AOH – Handicap Accessible.

Friday, March 13th – 46th ANNUAL

SAINT PATRICK’S DAY LUNCHEON at the Lawrence Firefighters Association Reliefs’ In, One Market Street, South Lawrence, MA Traditional Corned Beef and Cabbage Dinner with entertainment by the Silver Spears Irish Show Band at NOON. Awarding of the Honorable John E. Fenton Citizenship Award - For more information please contact Jack Lahey at 603 898 7766. Sponsored by Division 8 AOH – Handicap Accessible.

Saturday, March 14th - **IRISH FILM FESTIVAL** at Lawrence Heritage State Park Visitors Center, 1 Jackson St, Lawrence, MA @ 10:00am. Sponsored by Division 8 AOH For further information please call 978 794-1655. (FREE) – Handicap Accessible.

Sunday, March 22nd - Native Lawrencian Robert Bateman now of New York, will speak on “PATRIOT IRISH AMERICAN -- The Latter Years in the Life of Captain Timothy Deasy” at Lawrence Heritage State Park Visitors Center, 1 Jackson St., Lawrence, MA @ 2 pm Sponsored by Division 8 AOH & the Irish Foundation (FREE) - Handicap Accessible

Saturday, March 28th – **SAINT PATRICK’S DAY PARADE**, 1pm. For more information please see their website www.lawrencest-patsparade.com, or email them at information@lawrencest-patsparade.com

Sunday, March 29th - **IRELAND IN SONG**

- **CELTIC MELODIES FOR VOICE AND PIANO** - - performed by Terri and George Kelley at the Lawrence Public Library, Sargent Auditorium, 51 Lawrence St., Lawrence, MA @ 2 pm Presented by the Friends of the Lawrence Public Library & The Irish Foundation. (FREE) – Handicap Accessible.

Irish Heritage Month is Sponsored by the Ancient Order of Hibernians Division 8, Division 8 LAOH and the Irish Foundation of Lawrence.

Cancellation of Events: For information on cancellation of AOH, LAOH & Irish Foundation events, please contact the AOH/LAOH Cancellation Line @ 603-893-5802

Sunday, March 15th - **WHITE FUND LECTURE**: Dr. John “Sean” Condon, Ph.D. Associate Professor and Chair of the History Department at Merrimack College and Author will speak on “Challenging Slavery during the American Revolution: Maryland, 1775-1800” at Lawrence Heritage State Park Visitors Center, 1 Jackson St., Lawrence, MA @ 2 pm Sponsored by Division 8 AOH & the Irish Foundation (FREE) - Handicap Accessible

HAVERHILL - WHAV & TOM BERGERON - Haverhill’s favorite son, Tom Bergeron, is helping WHAV launch its capital campaign to construct FM transmitter facilities. Bergeron, Emmy-winning host of Dancing with the Stars, agreed recently to serve as honorary chairperson of the fundraising campaign called “Make Waves.” He began his career at the original WHAV in 1972, while a 17-year-old Haverhill High School senior.

“Tom has never forgotten his roots and has blessed Haverhill time and again with his appearances and generosity. WHAV needs his help more than ever to raise the substantial amounts necessary to buy FM equipment and erect a new tower. I’m grateful for his support and forever in his debt,” said Tim Coco, WHAV’s volunteer president and general manager. The capital campaign has several components, Coco said. An institutional fundraising effort will overlap with a direct appeal to the public. More information is available online at WHAV.net.

Bergeron graciously came to WHAV’s new studios in 2006 for the 60th anniversary of the original WHAV. During the Internet and cable television broadcast, Bergeron was reunited with Gary LaPierre, former WBZ morning news anchor. The two worked closely together at WBZ when Bergeron became the morning radio show host in 1990. Coco and Bergeron also worked together briefly during the late 1970s at WHAV.

Bergeron has been the host of Dancing with the Stars since the program’s premiere in 2005. Other highlights of his career include guest host on ABC’s Good Morning America, host of Hollywood Squares and host of America’s Funniest Home Videos.

The Federal Communications Commission last month granted the new WHAV a construction permit to build the new station at 97.9 on the FM dial.

The WHAV call letters have been associated with local broadcasting since 1947. WHAV is today operated by Public Media of New England Inc., a not-for-profit corporation. Since 2004, the call has served the Merrimack Valley’s pioneer Internet radio station at WHAV.net and a number of public access cable television stations in Andover, Haverhill and Methuen, and Plaistow and Sandown, N.H. The station is also heard over AM 1640 in northern Haverhill and Plaistow, N.H. The Federal Communications Commission recently granted WHAV a construction permit to build a new FM license at 97.9 MHz.

AUSTIN GOLF OPEN - Austin Preparatory School in Reading will host its annual tournament on Mon., May 18 at Indian Ridge Country Club in Andover. This championship 18-hole golf course is one of the finest private golf courses in New England. Indian Ridge and its facilities are yours to enjoy for the day. Entry fees include: greens fees, cart, use of driving range and clubhouse, player gifts and lunch. Morning golfers also receive breakfast; afternoon golfers also receive dinner. The morning flight is \$200 and begins with a shotgun start promptly at 7 a.m. (check-in opens at 6 a.m.), and the afternoon flight is \$225 and begins with a shotgun start at 1 p.m. (check-

in opens at noon). Register by April 17 and receive an early bird discount of \$25. If you are not able to golf, please join us for dinner, raffles, and silent and live auctions! The cocktail hour begins at 6 p.m., followed by dinner. Items include golf foursomes at area courses, Patriots and Red Sox tickets, wine baskets, and more. Dinner-only tickets are \$45.

Questions may be directed to Maureen Crowley, External Affairs Events Coordinator, at mcrowley@austinprep.org or 781.944.4900 x836. To register for the tournament, go to www.austinprep.org/austinopen. The Austin Golf Open is a popular event that always fills up quickly. Register early! The tournament is the school’s largest fundraiser of the year.

LOWELL GALLERY RAISES FUNDS FOR UMASS SCHOLARSHIP

Exhibit Title: Four by Four for Education Exhibit and Preview: March 7 to April 11th Fundraising Event: April 11th, 2 to 5pm

The Four By Four Exhibit raises funds for a UMass Lowell Art Scholarship. This scholarship in the amount of \$1000.00 is granted to a deserving University of Massachusetts student majoring in the visual arts.

Artists are asked to create a 4” x 4” work of art. The Brush Art Gallery provided a blank, stretched canvas. Artists created artwork with whatever media and materials they preferred. Each artist has donated their time and talent to this program.

The day of the fundraising event, guests buy tickets and everyone leaves with a work of art. Names are drawn at random and your place in line is determined by the drawing. Be prepared with a list of choices.

A preview of images can be seen on The Brush Facebook page at <http://www.facebook.com/BrushArtGallery>

Tickets are \$25 and are purchased at the door. As an added attraction this year, a current UMass student will be curating artwork from fellow classmates to be on exhibit in conjunction with the Four by Four exhibit.

METHUEN BEAN SUPPER - On Saturday March 7th V.F.W post 8349 Methuen will be having a bean supper from 4:30-6:30pm. \$8.00 pp. Sat., March 14th, corned beef and cabbage dinner 6-8 pm live music provided by past veterans director Ed (Hoppy) Curran and special guests, raffles, fun. \$8 per person suggested donation. Post is sponsoring a Veterans Expo at the Army National Guard Armory 619 Lowell St. Methuen on Saturday March 28th from 10am -2pm. Representatives from Veterans Administration, Northeast Veterans Outreach Center, area employers looking to hire veterans, local colleges, U.S Army stock race car display Methuen High School JROTC presentation, vendors, displays, Veterans Organizations, free to Veterans and their families open to public. Vendors and Veterans orgs wishing to participate please contact V.F.W post 8349 978-687-9465

LOWELL - BREW’D AWAKENING. Music, comedy and more at Brew’d Awakening Coffeehaus, March 14th. Like acoustic music? Looking for something a little different? If so, check out Howie Newman (www.howienewman.com) at the Brew’d Awakening Coffeehaus, 61 Market St., Lowell. There is no cover charge for the show, which runs from 1-3pm. For further information, call 978-454-2739 or visit www.brewdawakening.com. For information about Howie Newman, visit his Web site: www.howienewman.com.

HAVERHILL - COFFEE HOUSE at the Universalist Unitarian Church, 16 Ashland St. (rts 110 and 125), (978) 459-5134. **SOUTHERN RAIL** - The bluegrass group Southern Rail performs at the New Moon Coffeehouse on Sat. March 21st at 8pm. Admission is \$20, \$10 ages 18 and under. Tickets available at the door starting around 6:30. Doors open at 7:30.



Tom Duggan is president and publisher of The Valley Patriot Newspaper in North Andover Massachusetts, a #1 Best Selling Author, Host of the Paying Attention Radio Program on 980WCAP in Lowell, lectures on media bias and police issues, a former Lawrence School Committeeman, former political director for Mass. Citizens Alliance, and a 1990 Police Survivor. You can email your comments to valleypatriot@aol.com.

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NH: FROM PAGE 14

well. Hurting the ability of small businesses to innovate and make money online by locating Internet operations in tax friendly states will only result in more businesses closing their doors. The only winner under this scheme is the ever-growing appetite of government.

New Hampshire’s two United States Senators, Kelly Ayotte and Jeanne Shaheen, deserve great credit for opposing the MFA and fighting for an exemption for states with no sales tax. Ayotte has astutely pointed out that the proposed law would add expensive administrative costs by forcing small businesses to track the place from which an online shopper has made a purchase, calculate the applicable state and local sales tax, collect that tax, and then remit them to the proper revenue agency. It is an unfunded mandate in its worst form.

The primary selling point is that the act pressures states to streamline and simplify their tax codes. This provision was intended to lure small businesses into supporting the legislation by promising to make it

easier for them to comply with the business tax code, thus bringing them some much needed certainty and stability in their day to day operations.

However, the MFA completely fails in that promise because it still requires businesses to keep track of 9,600 widely diverse and constantly changing taxing jurisdictions. Thus, any benefit of the law is vastly outweighed by the additional administrative costs.

In the end, the Marketplace Fairness Act is a stark reminder to always beware any proposed law with “Fairness” in its title and those who support such a proposal will face a particularly skeptical audience in New Hampshire.

D.J. Bettencourt served as a State Representative in the New Hampshire House of Representatives from 2005 to 2012 and was the House Majority Leader for the 2011-2012 legislative term. He currently works as the Director of Development and Community Relations at the Salem Animal Rescue League and serves on the Economic Development Action Committee in Salem, NH.

KNIGHTS: FROM PAGE 5

school,” Hanley said.

Brett, who his father characterizes as fiercely independent, isn’t one to sit around. He attends a knitting group, sings in a treble chorus, plays the drums, and listens to Christian music.

MacAvoy says scoring Brett as her assistant was a win for the entire team.

“It’s been really great to see how the student athletes are with him and how he is with them,” she says. “He always has a huge smile on his face which makes all of us smile. Brett makes everyone’s days better.”

Bryan Centeno, 21, who is a member of

the basketball team, echoed MacAvoy’s sentiment. The movement science major says the team selected Brett from a field of three or four candidates because of his energy and attitude.

“There was an excitement when he walked in the room,” said Centeno. “He walked in and was well dressed wearing a big smile...we liked his energy.”

In the future, NECC hopes to employ an Opportunity Knights volunteer for each of its sports teams according to MacAvoy.

American Legion Notes by John Lenotte

John Lenotte
VALLEY PATRIOT VETERAN COLUMNIST

From February 22nd to 25th, American Legion members, along with members of the Sons of the American Legion and American Legion Auxiliary, met in Washington, DC.

There were a number of meetings and speakers with updates on issues important to the Legion family and to veterans in general. The Washington Legion staff did a great job of updating everyone on Legion positions and potential for legislation to be passed in this session of Congress. Members went to all the Congressional offices in both the House and Senate. The National Commander also gave testimony to a joint session of the House and Senate Veterans Affairs Committees. This is all an annual event which is taken very seriously as the Legion works with Congress to advise and advocate for legislation and funding.

A major issue is funding for national defense. Just watch the news on any channel on any night and you will see how the war on terrorism is of major concern. Be not deceived, our way of life is being challenged by terrorists who want to kill anyone who does not follow their beliefs. And there are large nation states who would challenge democracy on many fronts. This is not the time to cut back on troop strength and weapons or technology. Just look at the area of cyber security as an additional major area that government and business have to address. The world looks to us to lead as we have since World War II. Like it or not, this is our place in the world and in history.

The Veterans Administration (VA) still needs a lot of reform. It has gotten better, but still has a long way to go. This includes medical treatments, where many are indeed getting care, but many others still wait for appointments. And claims processing continues to leave a lot to be desired. I just heard a report out of California where thousands of claims were locked away



John Lenotte is the recipient of the 2012 Valley Patriot Hero of the Year Award and is Commander of the Wilbur M. Comeau Post 4, Haverhill MA; Past Department Commander, of Massachusetts The American Legion; contact: JohnLDistrict8@verizon.net

for years without being processed. And investigations continue. Reform will take a while. We must be vigilant.

As troops do transition to civilian life, this is not the time to cut funds from transition programs. My full time job is in Human Resources and I constantly see the positive results of these programs in securing jobs for veterans. More and more companies are stepping up to the plate in hiring veterans, but there can always be more done. Congress continuing tax credits should be continued.

To repeat a theme I use almost monthly, if these and related issues are of concern to you, let our Congressional delegation know. This link <http://www.contactingthecongress.org/> will allow you to get to their web site and send an email. Will you make your voice heard? Please join me in letting Congress know where you and I stand on these issues.

May God bless our troops, their families and bring them home safe.

John Lenotte, Commander Wilbur M. Comeau Post 4, and Past Department Commander, The American Legion Department of Massachusetts.

Dr. FRANK: FROM 24

risk of serious and life threatening disease. This is called herd immunity because the whole community resists infection, protecting those who cannot be vaccinated due to very young age or other health problems.

Universal vaccination has now become a political debate, which I believe is unfortunate. The real political issue should be on rights and responsibilities, not the science. Human beings live in communities because it enhances protection from dangers. We organize ourselves under agreements, rules and laws. In our country, we arrive at this agreement democratically and under the protection of a constitution, which limits the coercive powers of government. The government has no absolute right to compel vaccination or violate the integrity of anyone's body, but the choice to not vaccinate is also a choice that exposes other members of the community to risk. The public health establishments however have a responsibility to protect everyone, and restricting those who are unvaccinated from public accommodations such as schools is not irrational or abusive. Vaccination indeed carries risks, some serious, thought the magnitude of that risk is so small that in most cases the weight of evidence favors vaccination. Not everyone is appropriate

for vaccination, but herd immunity requires that those without good reason to not vaccinate, really need to be vaccinated.

My children are all vaccinated because I know that the benefits of vaccination far outweigh the risks. As a parent, I would never withhold such an effective preventative intervention without a really solid good reason. I strongly urge you all to do the same for your children. Also on the topic of prevention, I recently turned 50, and March is National Colon Cancer Awareness month. Don't forget that a colonoscopy actually prevents colon cancer by removing precancerous growths called polyps. There are very few things in medicine that prevent a cancer, and this is one of them. No, the government should not compel you to get a colonoscopy, but I plan to schedule mine soon because I know how good the science is behind it.

Dr. MacMillan specializes in Gastroenterology and Liver disease and is a member of the North Andover Board of Health. He practices at Holy Family Hospital and currently serves as President of the Massachusetts Gastroenterology Association. Dr. MacMillan was recently reelected as Massachusetts Governor of the American College of Gastroenterology and is a Fellow of the College.

DEEB: FROM PAGE 13

tee at the March business meeting. The committee will then have to take a vote on how to proceed with the school calendar.

Kudos to Methuen parents, students, teachers, coaches, and community members who turned out in support of renovating Nicholson Stadium on Monday, February 24th. It should be noted that another meeting has been scheduled as of this writing (February 25th). These residents should be commended for taking part in the political process and advocating in favor of a much-needed project. Steve Saba, President of the Methuen Athletic Improvement Committee, and several other residents have correctly pointed out that the conditions at the Stadium are dismal. They argued in favor of a \$4.6 million project that includes building a new clubhouse with a locker room and bathrooms for girls and converting the existing clubhouse into bathrooms to accommodate more student athletes and people. In addition, the Methuen Athletic Improvement Committee is advocating making the whole complex handicap accessible in order to be in compliance with the Americans With Disabilities Act as well as installing turf and renovating the athletic practice field. These residents are right! Most, if not all of these improvements need to be made. Doing so will increase property values in our community, provide safe and adequate facilities for our student athletes, accommodate visitors to Methuen's athletic events, and make our city proud! At the same time, however, the expense of doing all of these things at once is costly. This has been pointed out by City Councilors Ron Marsan, Dan

Grayton, George Kazanjian, and Jamie Atkinson. Although Mayor Steve Zanni has argued that the entire project can be completed by floating a bond within the existing tax structure, many residents are rightly skeptical. Taxes have been increasing every year. Originally, Methuen residents were told that the bulk of the project would be financed by private donations without having to utilize revenue from the city. Councilor Grayton has commented, "We can do what we can afford now in phases." Something certainly needs to be done and quick (as of this writing on February 25th)! This may just mean implementing these renovations in phases, but this requires a strategic plan based on solid financial projections. The City Council should work with members of the Methuen Athletic Improvement Committee to come up with a plan to complete all of these needed renovations within the current tax structure and without placing additional undue burdens on Methuen's taxpayers and creating new debt that the City cannot afford.

D.J. Deeb is a Methuen resident and member of the Methuen School Committee. Deeb is an Adjunct Professor of History/Government at Bunker Hill Community College and an Adjunct Political Science Instructor at the University of Massachusetts Lowell. He teaches Social Studies full-time at Reading Memorial High School. He is the author of Israel, Palestine, and the Quest for Middle East Peace (University Press, 2013) and The Collapse of Middle East Peace (IUniverse, 2003).

IRISH SETTER: FROM PAGE 29

sheep and cattle. Discovered in the Kerry Mountains in Ireland during the 19th century, the dog became well known as a good all-around farm dog in rural areas of Ireland. Despite winning Crufts (the largest international dog show held annually in the United Kingdom) in 2000, the breed remains relatively unknown today and not very popular. The Kerry Blue terrier has a distinct soft, wavy coat that does not shed. Born with a black fur coat, the dog's coat gradually turns into one of several shades of blue-grey by two years of age.

Interesting fact: A Kerry blue was the first dog registered with the Irish Kennel Club.

9. WHEATEN TERRIER: Commonly referred to in Ireland as the "poor man's wolfhound," this breed is also known as the Irish soft coated wheaten terrier, the wheaten, and the soft coated wheaten terrier. Bred as an all-purpose farm dog during the early 1800s, today the breed is skilled in obedience, agility and tracking. Like the Kerry Blue, the wheaten terrier does not shed any hair. Puppies are born with a darker coat (either red, brown, white or mahogany), which gradually turns white and then matures into a wheaten color as they age. The breed's coat can be one of four varieties: traditional Irish (thin and silky), American (thick and woolly), English (loose curls or waves) and heavy Irish (a combination of Irish, English and

American). Highly intelligent, the wheaten is easy to train, loves people, and socializes well.

And well ... a "Tracey favorite" - my add on ... #10

10. BOSTON TERRIER: Well not from Ireland, but a true Bostonian favorite. In fact the BT is the official State dog for Massachusetts. Boston Terriers are lively, their affectionate nature makes them extremely loveable, though their sometimes-stubborn nature or spurts of hyperactivity can land them in hot water with their owners. They can be a bit witty in nature and a little stubborn, but will turn around with an apology with their big brown eyes and a warm kiss. They love children and are especially good companions for older people and apartment dwellers.



Tracey Zysk, owner of Wiggles & Jiggles Pet Care in North Andover MA is a local pet care professional. She has been featured on local radio, TV and newspapers educating the general public on animal care and animal health & wellness. Tracey is a proud supporter of Police, Fire & Military K9 units and National Award winner of the Platinum PAW award. Tracey may be reached at wiggle-walk@comcast.net. Become a fan on Facebook at Wiggles & Jiggles Pet Care

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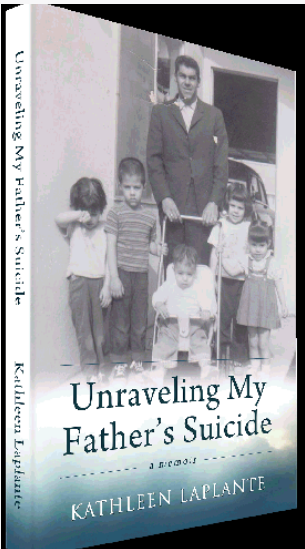


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FROM 14: Conversation with Gov. George Pataki

the penalties. Sadly, drug reform often is an excuse to just turn loose violent criminals. One of the hardest things I had to deal with when I was governor was convincing liberal Democratic legislators that it was appropriate to separate violent criminals from society. Too often the Left sees criminals as victims of society as opposed to the violent felons that they are.

So we took a tough approach. It was a very successful approach. And sadly, since I have left, in the name of drug reform – which we had already done – sadly my successor, particularly Eliot Spitzer and David Paterson, released a great many people who had been convicted of violent felonies earlier than they would have been released under the laws we had enacted.

I viewed your Wofford College speech [12/01/2014, Spartanburg, South Carolina] online. And in that, you allude to a bit of the approach, even bringing in Russell Simmons...

I tell that story. When they were trying to weaken the drug laws and I said, sure, when it comes to someone who is an addict who is trying to support their habit, we can be reasonable. But when it comes to someone with a gun or a high-level pusher, we wanted stronger penalties. And it ultimately worked out well.

The whole “lesson of leadership” there -- don’t exclude people; bring them in – how do you make decisions? The conference room is only so large. How do you decide as a leader who gets a say? Who gets invited? How many people to bring into the fold?

There is no formula. Leadership doesn’t come down to having a set formula. It comes down to having a sense when it’s appropriate to change course, when it’s appropriate to stick to your guns, and when it’s appropriate to sometimes listen to others. That’s what I always tried to do, not go at something with a particular formula. You knew the result you wanted to get. Whatever would give you the best chance to get that result is the tactic that we would use at the time. The most important thing is knowing where you want to get to. And so often in government people flounder on that. When you don’t have a clear destination, it’s going to be pretty hard to get there regardless of your tactics and whoever you include might be.

With notable exceptions like Elizabeth Warren in bankruptcy law and Barack Obama in civil rights, many politicians who are attorneys were prosecutors. Let’s talk a little about your Chadbourne & Parke renewable energy and environmental law practice and maybe something from earlier in your career, the Plunkett & Jaffe practice.

I started out with a big Wall Street law firm, and I enjoyed it very much but it just wasn’t the career that I wanted to have. So

I ended up actually practicing as part of a small, boutique law firm, Plunkett & Jaffe, and we had an office in my hometown of Peekskill, where I worked with one of my closest friends at the time. We did pretty much everything. We didn’t do criminal law. There were no large corporations. There were no big businesses, so we had to just do whatever a small-town lawyer did, and I found it absolutely far more rewarding than the big practice down on Wall Street when I first got out of law school because you were dealing with real people, real problems that you could relate to as opposed to a billion-dollar deal.

Peekskill is within a couple thousand of the population of Ferguson, Missouri, albeit not part of a metropolitan area. [2010 census: Peekskill NY (23,583), Ferguson MO (21,203)]. Do you have a sense of whether Peekskill is at all militarized, or do they have appropriate equipment and training?

I can’t tell you the answer to that. I just know we had a very good police force when I was there [mayor, 1981-4] and I’m a great believer that whether it’s the NYPD or the Peekskill Police Department or the New York State Police, I’ve always dealt with very well trained, very committed public servants who I have nothing but the highest respect for.

With the prosecutions of Governors Blagojevich [Illinois], McDonnell [Virginia], and Perry for what the national press have not entirely excused but maybe written off as politics-as-usual, did you ever feel at all reluctant to act for personal legal considerations during your public service, or do you now in the current campaign finance legal climate feel yourself tiptoeing around the law?

No, no. You just don’t do that. You do what you think is right and you have competent counsel who advise you and hopefully constantly make sure that the actions you are taking are within the scope of your authority.

One of the new laws or proposals that I’ve heard you talking about is the notion of a congressional lobbyist ban Day 1. Is that something that you would effect by legislation, and what perhaps would be the teeth to enforce that?

Yeah, I think that is one of the most important reforms that we can have. Right now there are over 400 former members of the House and Senate who are lobbyists. We have just seen Washington become a government far more of the politicians and the interests than of the people, and we’ve got to take it back for the people. Part of that is because you get elected – either party, from any part of the country – you know that within six months, you play the game, and you can make a lot more as someone who has influence and contacts in Washington after your elected career than you could by going back home. It just



becomes a terrible system. It’s changed dramatically over the course of the last thirty years. That wasn’t the case in the ’70s; it is the case now.

I think one of the most important reforms would be: you serve one day in the House, one day in the Senate, there is a lifetime ban on your ever being a lobbyist in Washington. I think that should be a federal law. It should be passed by Congress. And I would love to see a member of the House or the Senate say, “Well I’m opposed to that, because when my career is over I want to preserve the option of being a lobbyist.” I think there would be enormous public support for it, and it would be extremely difficult for Congress to hide on an issue like that.

For consequences, what kind of fines or imprisonment do you think would be appropriate?

Oh I don’t know. I think you make it illegal and you have the appropriate sanction, whatever that might be.

Do you have a message to the New Hampshire law enforcement community, including aspiring criminal justice professionals?

Well certainly I don’t think there’s any more honorable profession than people who put their lives on the line to protect our freedom—whether it’s overseas or on the streets of New Hampshire. We have a government of laws. But those laws are only effective so long as we have brave

people like our police who are willing to risk their lives to enforce those laws and to go after those who have broken those laws. So I’m just very proud of them, very proud to have worked with so many professional members of law enforcement.

And I would hope that the criminal justice faculty side would understand that it’s not a question of finding a brilliant loophole to a common-sense solution. It’s rather implementing a common-sense solution in a legally appropriate way. When I was governor, the courts had just come up with so many absurd evidentiary loopholes that it was very hard to convict someone even when it was obvious that they were guilty. One of the many major fights we had in passing over a hundred different laws was changing some of the absurd junk-justice rulings of a very liberal court that tied the hands of law enforcement and allowed people who everyone knew were guilty to get loose on a technicality.

(Alex Talcott, J.D., is a Faculty Team Lead for Criminal Justice at Southern New Hampshire University, the fastest growing department at the fastest growing college in America, where he also teaches business law. This interview originally appeared at NHJournal.com.)





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